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First cyclist killed this year

COLLISIONS

At least 20 pedestrians hit Monday and Tuesday

Luke Simcoe
Metro | Toronto

A 71-year old man riding along Dupont Street became Toronto's first cycling fatality of 2016, after he swerved to avoid a turning van and hit a parked car Tuesday.

The crash happened near Dupont and Christie streets at about 1:30 p.m. Const. Clinton Stibbe said the cyclist was riding westbound next to parked cars while the van was turning left into a parking lot. The cyclist swerved "to avoid what they believed to be an imminent collision" and hit a parked vehicle, Stibbe said. He died in hospital.

Video footage of the collision shows the cyclist "travelling at a high rate of speed," Stibbe said.

"If the speed had been slower, I think the outcome would have been different."

The death capped a tragic 48 hours for pedestrians and cyclists in Toronto. At least 20 pedestrians and cyclists were hit between Monday and Tuesday. Along with the cyclist, a pedestrian, 73, was killed Monday night at Kipling Avenue and Brookmere Road in Rexdale.

The deaths serve as a backdrop for next week's city council debate about Toronto's new road safety plan. Critics say the plan is not ambitious enough to achieve its goal of zero road fatalities.

"The death yesterday and the death today is an urgent reminder to our elected officials that we have a Vision Zero plan in name but not in terms of resources," Cycle Toronto director Jared Kolb said Tuesday.

Public Works Committee chair Coun. Jaye Robinson has called for the safety plan's $68-million budget to be increased and for the plan to be implemented faster. "Look at what's happened in the past few days. It's heartbreaking every time this happens," she said.

TORONTO'S DEADLY STREETS

Twenty-two pedestrians and cyclists have died on Toronto streets this year. Three have been killed since a new road safety plan was tabled at city hall.

Bike lane closing, page 12

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Your essential daily news

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5 things to check out at the big event

LIZ BEDDALL METRO

1 Junior Carnival Parade

Touted as the grandest of the Carnival's children's parades to date, the free event will take place in and around Neilson Park and feature performances, games, food as well as Calypso and Pan performances. (July 16)

2 The Carnival Ball

A black-tie event honouring the rich history of the Caribbean Festival featuring Caribbean cuisine and artistic performances at the Liberty Grand Ballroom at Exhibition Place. (July 22)

3 Night Market

From noon all the way to 10 p.m. David Pecaut Square will come alive with Caribbean-themed food stations and craft vendors. (July 15 & 23)

4 Chutney in De Park

For the first time this year Toronto's Fort York will host two days of live performances, food and family fun to help round off the festival's finale weekend. (July 31-Aug. 1)

5 OSA Panorama / Pan Alive

This annual event, hosted at Lamport Stadium, showcases the talent of steel pan performers of all ages as they showcase the musical and tonal qualities of steel pan before a panel of judges. (July 29)

ALL PHOTOS: CONTRIBUTED

Caribbean Carnival to nix parade fences

FESTIVAL

Organizer says event also in talks with new title sponsor

May Warren
Metro | Toronto

Toronto Caribbean Carnival kicked off Tuesday with a month of celebrations, which will culminate with the colourful grand parade.

But there'll be one major change this year, giving revellers a little more space to enjoy the spectacle.

"We've always lined the parade route with really tall fences. They go 14 feet up," spokesperson Stephen Weir told Metro News.

"Everybody hates them."

Instead organizers will put up small barriers about four feet tall, "so people can lean over and take pictures, and interact with the dancers and so it won't feel like they're at a prison camp," he said.

Weir said the fences were there to prevent excited spectators from running out onto the parade route but they were wildly unpopular and people often knocked them over.

Six- to eight-foot fences were first erected along the Lake Shore Boulevard parade route in 2009.

Festival organizers expect over a million people to attend the event, which is the largest Caribbean parade in North America and every year draws thousands of tourists.

The carnival lost its title sponsor Scotiabank this year, but Weir said organizers are in discussions with another Canadian financial institution to sign on.

The new smaller barriers will be "just like what you'd get lining up at a nightclub," Weir said.

"We're going to have a lot of what we call parade marshals just asking everyone to be nice and stay on the other side of the fence," he added. "We're going to try that because the other way just hasn't worked."

Toronto Caribbean Carnival, which kicked off Tuesday, culminates with the grand parade, famous for its performers in colourful costumes. THE ASSOCIATED PRESS

Tall fences lined the parade route in the past for safety reasons, said Toronto Caribbean Carnival spokesperson Stephen Weir. TORSTAR NEWS SERVICE FILE

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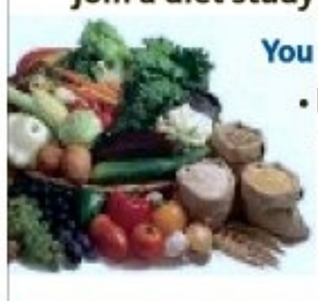

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The sit-in by Black Lives Matter during Sunday's Pride parade was the latest in a series of protests by the group. They accuse Toronto police of racial profiling and violence against the black community. RANDY RISLING/TORSTAR NEWS SERVICE

Pride sit-in met with hate mail

BLACK LIVES MATTER

Messages '100 per cent' made up of anti-black racism: Activist

An activist group that stalled Toronto's Pride parade to demand more rights for racialized communities says it's being flooded with hate mail, some of it sent by members of the LGBTQ community.

Black Lives Matter Toronto says the vitriol demonstrates the racism it is trying to combat with its actions.

The group — a Canadian chapter of the larger U.S. movement active in Toronto since late 2014 — caused a stir on Sunday when some of its members who were marching in the city's Pride Parade staged a sit-in — bringing the event to a halt for about half an hour.

The parade resumed when Pride Toronto's executive director Mathieu Chantelois signed a list of demands that included more funding and better representation for racialized communities during Pride events, and a ban on police floats in future parades.

Chantelois later told the media that he only signed the list of demands so he could get the parade moving again, and that he had only agreed to have a conversation about the issues raised by the group with his LGBTQ community.

Ever since the sit-in, however, Black Lives Matter Toronto has been the target of vicious, racist emails, some from members of the larger LGBTQ community, said Janaya Khan, a co-founder of the group.

> **In their minds my blackness made it so that I couldn't possibly be a part of their community.**
> Janaya Khan

"Particularly our queer and trans members, myself included, we have received dozens and dozens and dozens since the action," said Khan. "I think that is testament to why we had to create an intervention into Pride in the first place."

The hate mail, which is "100 per cent" made up of anti-black racism, denounces members of Black Lives Toronto who have identified as queer and trans, said Khan.

"It's 'You could never be a part of our community, you savage monkey,' that kind of thing," she said. "The reality is that gender and sexual diversity doesn't negate the reality of racism and white privilege."

The group is now focused on ensuring Pride Toronto follows through with the list of demands that was signed at the stalled parade. TORSTAR NEWS SERVICE

DISABILITY

CNE policy change criticized

Advocates are blasting a CNE decision to eliminate free admission for people with disabilities.

The CNE is ending the long-standing policy of providing free admission, saying the change will respect "the dignity and independence of all of our guests, including those with disabilities."

Attendants of people with disabilities will still get free admission.

Mobility advocate Luke Anderson described the new policy as "unfortunate," and worries that the Ex will not allow disabled people a fair opportunity to participate.

"There is a high percentage of people with disabilities that are unemployed with very few resources. Whatever systems or support we can provide is a good thing," said Anderson, founder of StopGap, which provides ramps for buildings and stores that otherwise wouldn't be accessible.

"There's also a lot of issues with our society in general that stops people with disabilities from being fully engaged in their communities."

The CNE handed out flyers to fair-goers last year, warning them that the admission policy would be changing in time for this year's fair, which runs from Aug. 19 to Sept. 5.

CNE GM Virginia Ludy defended the policy, saying the fair is only doing what other major attractions in the Greater Toronto Area have already done. TORSTAR NEWS SERVICE

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Individual results may vary, some are better or worse because it depends on how much time, energy and money an individual puts into their real estate business. © 2016 NVCompanies. All Rights Reserved. Gifts and promotional materials may vary.

Architects asked to celebrate the 6ix in all shapes and sizes

DESIGN

Pavilion Project aims to bring modern art out into the open

Gilbert Ngabo
Metro | Toronto

A new initiative is set to test Toronto's talent in architectural innovation.

The Pavilion Project will launch a series of design contests next year, commissioning local architects to build temporary structures for public use.

"Toronto is in need of structures that support temporary arts and other activities," said Ilana Altman, the project's executive director.

"The city is undergoing dramatic transformation, and the public as a whole needs to be really engaged in architecture."

Whether it's through the material used to build the structures or the kind of experiments people can engage in at the space, the designers' challenge will be to create an installation that stands out, Altman said.

"We just want the local designers to bring to the public all the exciting talents and skills they're exploring in their offices," she said.

The first installation is slated to go up in the Junction Triangle, and community consultations are already underway in the area. The length of each installation will vary, but none are expected to stay up for longer than a year.

Similar experiments have proven successful in cities such as New York, Chicago, London and Melbourne.

Toronto is not exactly a stranger to temporary art and architecture, either. The Winter Stations project, for example, has brought public art to the Beaches for the past two years.

Although the structure will be temporary, Altman believes they could have a lasting legacy on the communities where they are staged.

"Such programs in other cities have been at the forefront of new ideas of sustainability as well as the future of cities' designs," she said. "We hope Toronto gets inspired in the same way."

Past examples of similar experiments:

1. **The Serpentine Pavilion** — a key feature in Kensington Gardens, Central London COURTESY: IWAN BAAN
2. **The Hy-Fi Pavilion** — part of New York's Museum of Modern Art COURTESY: BARKOW PHOTOGRAPHY
3. **The MPavilion** — in the middle of the National Gallery of Victoria in Melbourne, Australia CONTRIBUTED
4. **The Wendy by HWKN structure** — part of New York's Museum of Modern Art COURTESY: MICHAEL MORAN

> **We're undergoing dramatic transformation.**
> Ilana Altman

FRAUD

Prolific electronics scammer impersonated postal worker

Impersonating a Canada Post delivery person was one ruse used by a fraudster who allegedly ran a GTA-wide, online shopping scam using stolen credit-card information to buy $40,000 worth of electronics.

The man made 14 separate orders, which included laptops, digital cameras and in one instance a drone from Best Buy, using a copy of victims' cards, then had the goods shipped to the cardholders' homes.

Sometimes the man would lie in wait for the delivery and sign for the package himself. On other occasions, "they would wait for the package to be delivered and knock on the door and claim that they were with Canada Post and that the package had been delivered in error, and they were there to retrieve the package," said Det. Mark Underwood.

Fraud suspect Petar Gyoshev. TORSTAR NEWS SERVICE

Underwood said police are unclear exactly how the man got the victims' credit-card information. When the fraudster did, however, Underwood said, he would go to a post office and, using the ID, redirect a victim's mail.

In one of those cases, Underwood said, a woman called a victim's house to let them know an "employee" would be arriving to retrieve a package. Police don't know who she is and are trying to find her — and anyone else who may have helped with the scam.

Victims lived across the GTA — from Burlington to Whitby and as far north as Minden.

Petar Gyoshev, 24, is facing 54 charges relating to fraud under $5,000, unauthorized use of credit-card data, mail theft and possession of a counterfeit mark. He appeared in Milton Provincial Court on Tuesday.

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Kids learn to shoot (for peace)

REGENT PARK

Photography club aims to show youth a rosier picture

From left: Shoot For Peace members Ibrahim Omar, 13; Ali Shali, 16; Yasir Ahmed, 12; Osama Gaid, 16; Hoyzayfa Zene, 13; Yasin Osman, 23; Mohammed Hussein, 15; Mutada Abdelkarim, 12; Adam Elisar, 10. TORSTAR NEWS SERVICE

"I don't know anybody who's died from cancer," says Yasin Osman, slowly pulling on the strands of his beard. "I only know people who have been killed by gun violence."

Osman, 23, has lived in the east-end neighbourhood of Regent Park all his life. Since a young age, he saw friends get shot to death for being at the wrong place at the wrong time. Most locals, he says, don't understand the concept of growing up without someone they know being killed.

Today, Osman wears many hats. For the past few years, he's worked as an early childhood educator — coaching and inspiring kids at a nearby community centre. In his spare time — and what he hopes to be his full-time career — Osman is a photographer who focuses on humanitarian work, travelling to countries such as Ethiopia and Turkey to document stories of marginalization, culture and religion.

But the project that's at his core is homebred — #ShootForPeace, a weekly event in which he takes youth of Regent Park out with a bundle of cameras and teaches them to not only take great photos but also learn photo-editing and image technology.

And the name, he says, goes beyond just a catchy hashtag.

"I thought, 'How can I turn that idea of (violence) around?' When you take photos, people call it shooting; we're shooters," he said. "It's a play on that idea of the streets being a place for crime, you know? It's pushing these kids to think about what they can do differently. This is a peaceful act."

#ShootForPeace's photo walk, which happens every Sunday, is simple: The kids show up at a predetermined spot at 3 p.m. Everyone gets a simple point-and-shoot camera. They then pick a place to explore for the day, and head out with Osman's simple challenge: Try something new.

Ten-year-old Adam Elesar, for example, wanted to learn how to freeze a basketball in mid-air, right before it hit the net. He's learned over time that he has to turn the shutter speed up higher if he wants to capture a moving object, but grabbing it in focus is a whole different story.

"I like shooting everything," he said. "I want to be good at it all."

Most of Osman's work is solo. Managing a group of eight to 10 kids by himself is a tough job already, but Osman says it's compounded by the fact that he funds the program wholly out of pocket.

> **"I thought, 'How can I turn that idea of (violence) around?'**
> Yasin Osman

Regent Park itself is ground zero for a number of Toronto's most popular and successful photographers. Jamal Burger, known as @jayscale on Instagram, is a world-renowned brand and cityscape photographer who grew up with Osman.

Earlier this year, Burger was one of the featured mentors at #ShootForPeace, accompanying the likes of other Toronto shooters like @visionelie — who has shot frequently with The Weeknd — and @doncharleone — who takes pictures for the NBA. For Burger, his experience as a role model for the kids takes him back to a time when he had no one to look up to.

"Being able to be a positive role model and example was one of the main reasons I work hard and carry myself the way I do," Burger said.

"I remember being their age and participating in similar activities to stay out of trouble. It went a long way and gave me a positive outlook on growing up and (let me) know I could make a change." TORSTAR NEWS SERVICE

CLOSER LOOK | PHOTOGRAPHS BY MEMBERS

ALI SHALI, 16

MUTADA ABDELKARIM, 12

OSAMA GAID, 16

HOYZAYFA ZENE, 13

ADAM ELISAR, 10

MOHAMMED HUSSEIN, 15

IBRAHIM OMAR, 13

YASIR AHMED, 12

BUILDING A BETTER JOURNEY

Delivering integrated transportation one project at a time

We all rely on transit and we're working to make it better. Below are highlights of projects which started over the past month.

New GO Stations

We're moving forward with the single-largest addition of new stations along the GO rail network since we started service nearly 50 years ago. It's the GO you know and trust, only better. There will be eight new stations along the Barrie, Kitchener, Stouffville and Lakeshore East lines, in the City of Toronto. You'll also see three new regional stations along the Barrie line, and a new regional station in Kitchener/Waterloo. Stay tuned as more announcements are to come.

Relief Line Progress

Commuting can be a challenge. Luckily, one part of the solution to help with congestion on the current subway system is closer to becoming a reality. Planning and design is now underway for the Relief Line, which will offer an alternative route from the east to the downtown core, ease congestion at the Yonge-Bloor Station and provide new connections to communities and jobs.

Subway Extension to York

We want to connect you to the things that matter. Metrolinx is working with our partners in Toronto and York Region on planning and design work for the Yonge North Subway Extension. The extension would take the Yonge Subway Line north from the existing Finch Station to Highway 7 at the Richmond Hill Centre Terminal, eventually connecting directly to the Viva Rapidway.

Bike Share Doubles

Bike sharing allows you to travel easily through the city or to work. Metrolinx and the Toronto Parking Authority are working together to double the size of the existing Bike Share Toronto network, which provides convenient access to bikes through a membership or on an as needed basis. You can get on a bike at any of the 120 new street docking stations, ride and drop it off at another.

Pour plus renseignements, veuillez visiter le site metrolinx.com.

With more than $32 billion in projects either underway or funded, Metrolinx is working to provide an improved quality of life with an integrated transportation network.

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A screen grab from the security footage; "someone knows who this fellow is," said Toronto Police Insp. Pauline Gray. YORK REGIONAL POLICE

SEXUAL ASSAULT

Police release footage of suspect

Police have released video footage of a man they believe to be responsible for at least three sexual assaults in Toronto and another nearby city.

Investigators say the incidents all happened in public places over the course of a month.

They say the first incident took place in Vaughan in late May, when an 18-year-old woman was unlocking the front door to her house. It's alleged a man attacked and sexually assaulted her.

The second incident happened on June 8, when a 33-year-old woman was walking outside in north Toronto at about 11 p.m.

Police say a man grabbed the woman from behind, sexually assaulted her, and fled the scene when she started to scream.

Then on June 21, at 11:15 p.m., police say a 29-year-old woman who was also walking alone in Toronto was approached from behind, dragged up a driveway, pushed up against a fence and sexually assaulted.

Police in Toronto and York Region say they believe the same suspect is behind all three sexual assaults. They're asking anyone with information to come forward.

THE CANADIAN PRESS

Eddie Justice, a victim in the Pulse nightclub shooting, sent these texts to his mother begging her to call for help as he hid in a bathroom. THE ASSOCIATED PRESS

Text 911 for help: Kelly

EMERGENCY SITUATIONS

Councillor says public needs more ways to contact police

Gilbert Ngabo
Metro | Toronto

Coun. Norm Kelly doesn't understand why the city can't allow anyone to access emergency help through one of the most-used means of communication: Text.

"Given the prominence of texting and the benefits it can bestow on people in certain emergency situations, I'm surprised the city hasn't been looking at this more closely," said Kelly, a staunch advocate for new media.

The Scarborough-Agincourt councillor is introducing a motion to council next week, exploring the possibility to add texting as an alternative to contacting 911.

The wake-up call came from last month's deadly mass shooting at the Pulse nightclub in Orlando, where details emerged of one of the victims texting his mom and urging her to call 911 on his behalf.

Had Orlando emergency department allowed him to ask for help directly through text, Kelly feels maybe the situation would have been different.

"We're living in an age where we give people options," he said, noting allowing the service doesn't mean everyone is going to text.

"You can text photographs. You can take a video and send that along as well," he said. "It's not a panacea but in an electronic age, why shouldn't we look at it?"

The Orlando incident has sparked a new debate across the United States over emergency texting options. Only about 650 of more than 6,000 dispatch centres across the U.S. have adopted the texting upgrade.

In Toronto and across Canada, only people with deaf, deafened, hard of hearing and speech impaired disabilities have the option to text 911 services.

Detractors of the texting system argue it can slow the response time, and doesn't provide an approximate location of the sender the same way a call does. There's also the worry of abuse of service, but Kelly insists that potential exists even with the 911-call system.

"Remember that guy who phoned 911 and said the pizza hadn't arrived yet or was too hot or something?" he retorted.

"It's not a panacea but in an electronic age, why shouldn't we look at it?"
Coun. Norm Kelly

York Region calls for subway extension

PUBLIC TRANSIT

Project would expand TTC line into Richmond Hill

York Region wants a new subway, and it wants it now.

The regional municipality is ramping up its advocacy for an extension of the TTC's Yonge subway line into Richmond Hill by launching a public-relations campaign aimed at pressuring the provincial and federal governments to give support.

According to a draft press release obtained by Torstar News Service, the campaign will kick off Tuesday with the unveiling of a "Yonge Subway Now" website. An early version of the site asks the public to sign a petition in support of the extension, and stresses the "urgency" of moving ahead with the transit line.

"By demonstrating widespread public appeal for this critical rapid transit project, local and regional elected officials can step up their efforts to try and secure a long-term financial commitment from both the Government of Canada and the Government of Ontario," it reads.

Additional campaign elements could include advertisements and storefront signage, the draft release said.

York Region Rapid Transit has budgeted up to $25,000 for the campaign.

TTC Chair Josh Colle predicted the campaign will only further politicize transit planning in the GTA.

"It's well within their right to spend those marketing dollars. I wish we had some of those. We'll spend ours on transit," Colle said.

TORSTAR NEWS SERVICE

Rush hour at the Bloor-Yonge subway station. MARCUS OLENIUK/ TORSTAR NEWS SERVICE

COURT

No contempt charge for tardy wedding planner

A Toronto lawyer who ran her practice from her cellphone and apparently operated a wedding planning business on the side has escaped a contempt of court conviction for missing several of her client's court dates.

Gina DaFonte, who is listed as Gina Hermanstyne in the Law Society of Upper Canada's registry of lawyers, had originally been convicted and fined $500 by a Halton region judge in 2014 after she failed to show at four court appearances in two months.

But on Tuesday, the Ontario Court of Appeal substituted the conviction and fine with an absolute discharge — meaning she won't have a criminal record — and instead referred her case to the Law Society for mentoring.

"It is in the long-term interests of the administration of justice that lawyers who do not appreciate the full extent of their obligations to the courts are afforded the opportunity for mentoring, correction and improvement," wrote Justice David Brown on behalf of a unanimous three-judge panel.

"The court's referral of a lawyer to the Law Society for mentoring provides a practical means by which to achieve that result."

DaFonte's appeal lawyer did not return a request for comment. DaFonte herself could not be reached.

It would also appear that at one point DaFonte ran a wedding planning business, but it's unclear if she's still involved in that profession.

A biography on the website for Luxe and Lavish Events, registered to DaFonte's law office, says: "Using her background in the legal field, Gina translates her analytical and detail-focused skills to plan sophisticated events and spectacular affairs."

Baldwin's ruling convicting DaFonte illustrates the lengths the Crown, duty counsel, court staff and DaFonte's own client went to get in touch with her about the court dates she was supposed to attend.

DaFonte had given illness as the reason for her absences. She apologized to the court after being cited for contempt, but Baldwin still convicted her.

"Her conduct went far beyond mere discourtesy or inconvenience," Baldwin wrote in her 37-page decision. "Her conduct has interfered with the court's authority and its ability to administer justice." TORSTAR NEWS SERVICE

Gina DaFonte FACEBOOK

CRIME

Two men face 20 charges after allegedly forcing girl, 16, into sex trade

Two Toronto men are facing a total of 20 charges after police say a 16-year-old girl was forced to work in the sex trade at a Kingston Rd.-area motel.

The men allegedly met the girl through a mutual friend of hers, posted nude photos of her online and forced her into sex work, Toronto police said in a news release Tuesday.

Officers with the Human Trafficking Enforcement Team arrested two suspects on July 2.

Austin Williamson, 19, and Joshua Presley, 19, face 17 charges relating to human trafficking, benefiting from the sexual services of another, confinement, and publishing child pornography. Both men appeared in court July 3.

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Richmond bike lane closing

TRANSIT

Off limits till November to accommodate road work

Luke Simcoe
Metro | Toronto

The city's decision to close a portion of the Richmond Street cycle track during construction is akin to telling downtown cyclists "to leave your bike at home," says the director of Cycle Toronto.

The popular bike lane — used by more than 1,300 cyclists a day — will be closed between Church and York streets until Nov. 30 in order to accommodate road work and streetcar track maintenance.

Vehicle traffic will be reduced to one lane during construction.

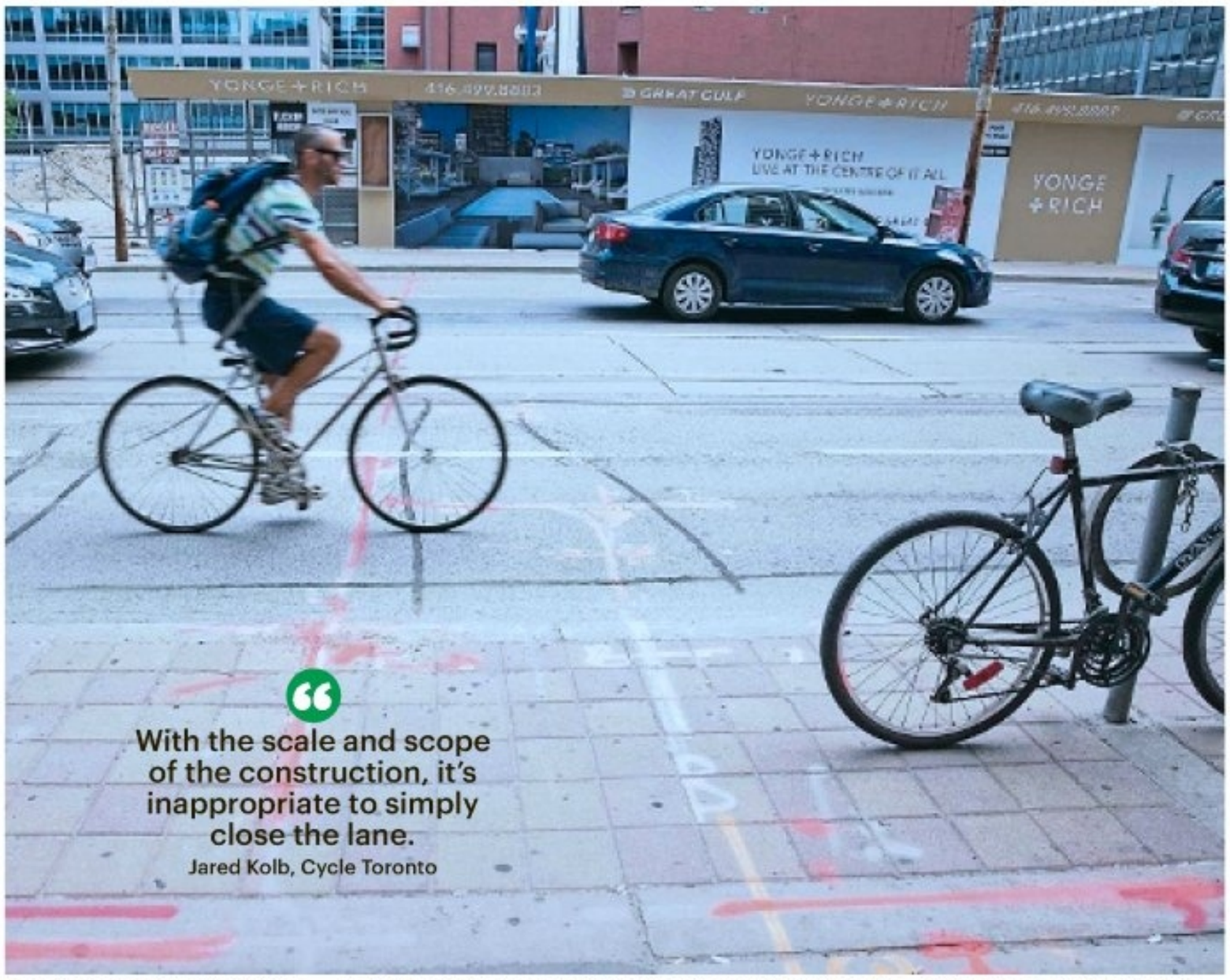
"All streets remain open for motor vehicles and the one route designed for cyclists is being closed," said Jared Kolb, head of Cycle Toronto.

"That's kind of backwards in the 21st century,"

Coun. Jaye Robinson, who chairs the Public Works Committee, said signage will be posted directing cyclists to alternate routes.

"The work is necessary. We have serious state of good repair issues in the city," she said.

"And unfortunately, all road users have to share some of the burden."



> With the scale and scope of the construction, it's inappropriate to simply close the lane.
> Jared Kolb, Cycle Toronto

The Richmond Street cycle track — one of the few protected bicycle lanes in downtown Toronto — will be closed until Nov. 30, to accommodate construction. LIZ BEDDALL/METRO

Kolb wants the city to install a temporary bike lane along Queen Street, or, better yet, close the stretch of Richmond to cars, thus preserving the cycle lane.

"It's one of the only safe routes in the downtown, and with the scale and scope of the construction, it's inappropriate to simply close the lane," he said. "Cyclists have come to rely on those protected bike lanes."

When the cycle track was first installed, the number of cyclists using Richmond Street tripled.

Now, without a safe alternative, Kolb worries those riders "will be forced into traffic" or deterred from cycling altogether.

Other cities, including Montreal, have policies that require protected bike lanes be temporarily rebuilt during construction — either on the affected road or on a nearby alternative.

Kolb believes it's time for a similar policy to be put in place in Toronto.

"The closure on Richmond highlights the need for a new standard around construction work and how it interacts with cycling," he said.

The public works committee asked staff last spring for a report on "installing temporary cycling infrastructure and/or cycling detour routes when bike lane closures are required."

The report was supposed to be delivered on Nov. 12, 2015, but never materialized, according to committee minutes.

+ SAFETY TIPS

Cycling on Richmond St.

For cyclists planning to continue using Richmond, Kolb advises they ride in the middle of the lane rather than "squeeze" alongside traffic.

"If it's up to your comfort level, use the whole lane.

"You have to own your space to ensure you don't get cut off," he said.

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RAIL ALERT

Heat stress could affect GO and UP Express

Metrolinx says it's monitoring rails in the region due to a heat warning from Environment Canada.

Metrolinx says intense heat can cause safety issues that could require temporary slow orders for trains on its GO Transit and UP Express services.

Temperatures are expected to be near or hotter than 31 Celsius. The transit agency says sustained high temperatures above 30 degrees can cause "sun kinks" in steel rails.

These bends in the rail can be a safety issue if trains pass over them too quickly.

THE CANADIAN PRESS

INVESTIGATION

Punch to arrest naked man deemed reasonable

The province's Special Investigations Unit says a Guelph, Ont., police officer's use of force was reasonable in the arrest of a naked man a year ago.

The police watchdog agency says two officers located a man after responding to numerous reports July 15, 2015, of a naked man walking.

The officers approached the man, who was rummaging through the contents of a van, and apprehended him under the Mental Health Act.

Once handcuffed, the man became combative and kicked out at one of the officers four times, hitting the officer once.

The SIU says one of the officers struck the man once, and he became compliant and was taken to hospital with a fractured nasal bone.

SIU director Tony Loparco says the officer delivered a strike in response to the man lashing out physically, subdued the man with the single punch and no other force was applied after the punch.

"The subject officer refrained from using more significant use-of-force equipment available to him — pepper spray and a conducted energy weapon," Loparco said Tuesday.

The officer told the SIU pepper spray was inappropriate in the confined area and the man's lack of clothing made it difficult to grab hold of him, Loparco said.

The SIU is an arm's length agency that investigates reports involving police where there has been death, serious injury or allegations of sexual assault.

THE CANADIAN PRESS

Eid: A celebration and a challenge

While Eid marks the end of Ramadan fasting, it is for many just as much a chance to celebrate community and family with a little food mixed in. TORSTAR NEWS SERVICE FILE

RAMADAN

Many try to keep meals light as they mark end of fasting: Imam

Gilbert Ngabo
Metro | Toronto

Muslims across the GTA are marking the end of Ramadan. And, for some, it's one of the most challenging points of the month-long religious holiday.

"Getting back into the normal eating routine is really the hardest part of it," said Marwa Elsadaley, who will celebrate Eid al-Fitr on Wednesday.

After a long period of fasting, transitioning back to a regular eating regime can even be painful for some, said Imam Mohammad Iqbal AlNadvi.

And, despite all the food that will be on offer during celebrations, most people try to avoid eating too much in the first days after Ramadan, he said. That means light food like soup, and snacks — like cookies — are often on the menu.

For some people, resuming normal habits can take up to six days.

"Your body is used to eating very early or very late in the evening," said AlNadvi, who chairs the Canadian Council of Imams.

"It's natural that your stomach will need some time to adjust back."

It's very similar to the adjustments some Muslims make as they prepare to observe Ramadan.

Elsadaley, for instance, observes Sha'ban, a preparatory month during which she fasts two or three days a weeks and prays more often.

"Discipline is key," she said.

"Ramadan isn't just about skipping food. It's also about increased praying time, which also takes a lot of physical efforts."

Elsadaley plans to join others at the Egyptian Banquet Hall in Markham for Wednesday's celebration.

It's a day to "look our best" by wearing nice perfumes and new clothes as a way to celebrate the "acceptance of our good deeds," she said.

As for the eating, she plans on starting small.

"I really tend to take it easy," she said, noting cookies as one of her top picks. "But nothing is prohibited. You can eat whatever you want if you can."

+ CELEBRATIONS

Eid events in the GTA

Eid Carnival & Expo
A full-day festival organized by the Muslim Association of Canada that invites everyone, Muslim or not, to experience the holiday It runs from 10 a.m. to 6 p.m. at Enercare Centre in Toronto.

Breaking of the Fast
Ahmadiyya Muslim Jama`at Canada will start its celebration at 10 a.m. at the International Centre in Mississauga.

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NEWFOUNDLAND

'A big, big, big fish'

Jim Mansfield thought he'd hooked bottom as he fished for cod off Newfoundland — until his handline yanked back, and hard.

"Oh my God," he said of his "up close and personal" encounter early Saturday with the sharp-toothed maw of a two-metre porbeagle shark.

"Did it ever fight. I'd get it up probably six or eight feet with a really hard, hard struggle and then it would just tear the line right back through my hands again and go back down."

Mansfield was fishing off New Melbourne in Trinity Bay with his buddy Glenn Rideout when he hooked the shark in tough skin at the side of its mouth. A few great tugs from below led to a 20-minute skirmish as the two men worked to free it. They were in a small, open fishing boat with a motor. Their unexpected visitor had clamped on to an unbaited single red hook.

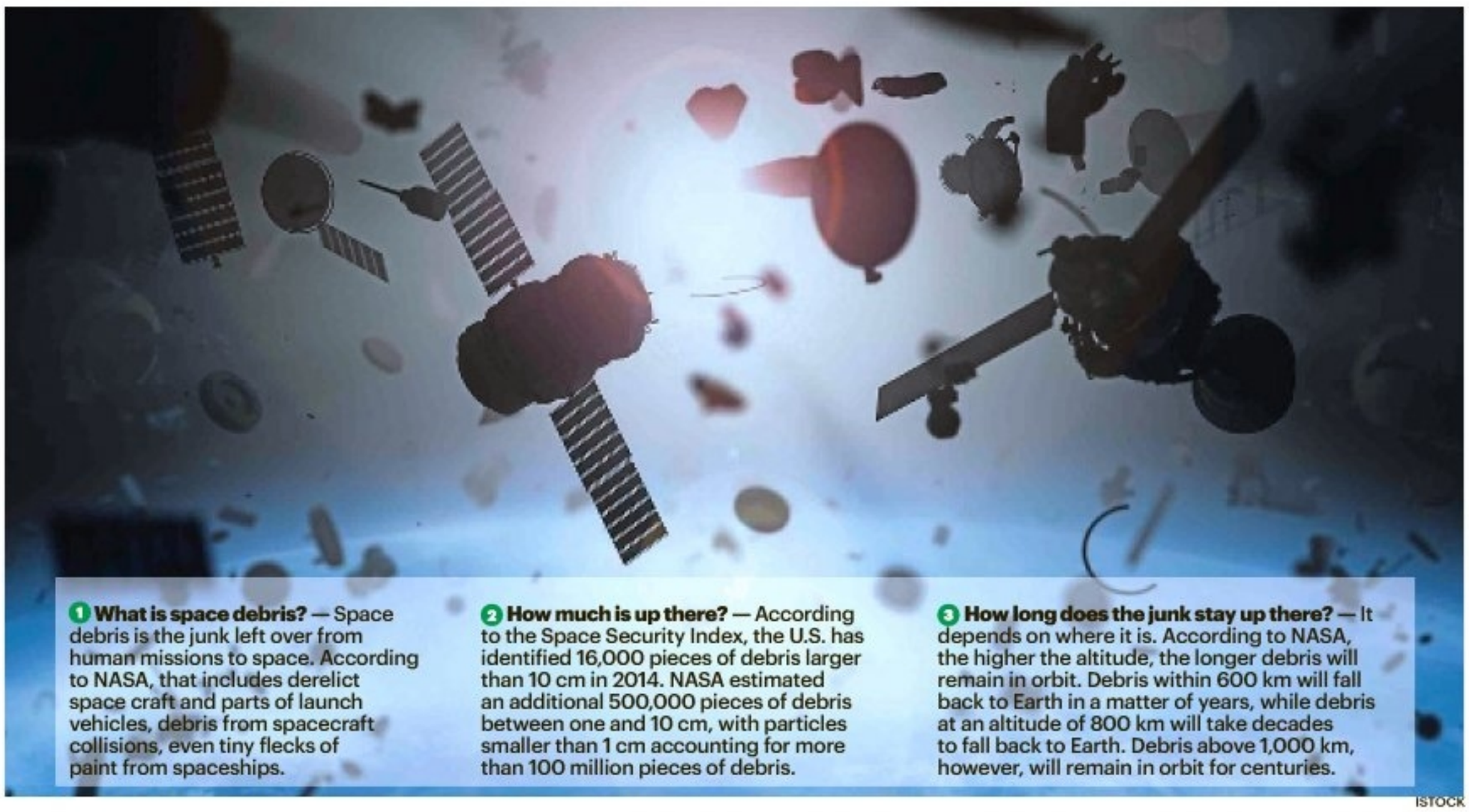
"He was a fat shark," Mansfield said Tuesday with a laugh. "It was a big, big, big fish."

The men and another man in a nearby boat managed to take a few pictures before they pulled the hook free and the shark swam off, unbloodied.

"I've often wondered what it would be like to catch one, you know?" Mansfield said.

Porbeagles are related to larger great whites and can reach up to about four metres in length and 135 kilograms. The Nature Canada website describes them as curious creatures and opportunistic hunters who will chase hooked fish as they're drawn to the surface. THE CANADIAN PRESS

A man hooked a two-metre shark in Newfoundland.



1 What is space debris? — Space debris is the junk left over from human missions to space. According to NASA, that includes derelict space craft and parts of launch vehicles, debris from spacecraft collisions, even tiny flecks of paint from spaceships.

2 How much is up there? — According to the Space Security Index, the U.S. has identified 16,000 pieces of debris larger than 10 cm in 2014. NASA estimated an additional 500,000 pieces of debris between one and 10 cm, with particles smaller than 1 cm accounting for more than 100 million pieces of debris.

3 How long does the junk stay up there? — It depends on where it is. According to NASA, the higher the altitude, the longer debris will remain in orbit. Debris within 600 km will fall back to Earth in a matter of years, while debris at an altitude of 800 km will take decades to fall back to Earth. Debris above 1,000 km, however, will remain in orbit for centuries.

ISTOCK

The hunk of junk in space

SECURITY

Weaponization of space tech is a concern for many

Canadian officials have "serious security concerns" over the increased presence of countries and private companies in the Earth's orbit, documents obtained by Torstar show.

Global Affairs Minister Stéphane Dion was warned in November that satellites enabling everything from telecommunications to national defence are facing a range of threats — from anti-satellite weaponry to pieces of junk floating around the planet.

"The viability of the space infrastructure is increasingly threatened by potential hostile acts from military or strategic opponents, space debris and space weather," state the documents, obtained under access to information law and stamped "secret."

"The challenge of protecting space infrastructure from both natural and man-made threats is compounded by the rapid expansion of both the number of space-faring nations and the uses to which space assets are put."

> **The private sector is increasingly commercializing outer space and performing activities traditionally undertaken by governments.**
> Documents obtained by Torstar

Department officials note that Canada is "highly dependent" on the network of satellites orbiting Earth for communications and surveillance, weather forecasting, search and rescue, and even urban planning.

The documents note during the Cold War, both the United States and the U.S.S.R. tested anti-satellite weaponry, with varying degrees of success. More recently, China in 2007 and the U.S. in 2008 achieved the capability to destroy satellites in what is called, low Earth orbit. According to NASA, low Earth orbit is 180 km to 2,000 km above the Earth's surface.

But it's not just nation states that are increasingly active in outer space. New hopes for commercializing space travel have emerged in recent years, including PayPal founder Elon Musk's SpaceX company and Amazon founder Jeff Bezos' Blue Origin.

According to the documents, Canadian officials are concerned about the "dual-use" nature of space technology — meaning tech that can be repurposed from its original intention to perform other, potentially dangerous functions.

Torstar requested an interview with Global Affairs for this article, but no one was available on Tuesday.

Paul Meyer, a fellow at Simon Fraser University who served in Canada's foreign service for more than three decades, said there appears to be a "revived interest" in the federal government to pursue space security issues.

TORSTAR NEWS SERVICE

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6	3	1	9	5	7	2	8	4
4	2	9	3	8	1	7	6	5
7	8	5	6	4	2	1	9	3
8	1	2	7	3	5	9	4	6
3	7	6	2	9	4	8	5	1
5	9	4	8	1	6	3	2	7

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HEALTH

Epileptic kids have marijuana treatment seized

Parents of children suffering from epilepsy say a recent move by Canadian border agents to seize shipments of medical marijuana oil from an American company could have a catastrophic effect on their children's health.

The families have sent letters to the federal government pleading for the border to allow shipments of Charlotte's Web, a type of marijuana oil that has been touted by some researchers as an effective therapy for hard-to-treat forms of epilepsy.

Charlotte's Web — named after a Colorado girl with epilepsy — has very low levels of the psychoactive ingredient tetrahydrocannabinol, but is high in cannabidiol, or CBD.

Alex Repetski gives his daughter Gwenevere oil-based medical marijuana to help control her seizures. THE CANADIAN PRESS

The families say they have been purchasing the oil from CW Hemp, a company based in Colorado, where marijuana was legalized in 2014. But the company notified the families late last month that it had stopped accepting Canadian orders after "a drastic" increase in the number of shipments seized at the border.

Canada Border Services Agency said it is simply enforcing the law because marijuana is still illegal in Canada.

Alex Repetski uses Charlotte's Web as part of the marijuana oil he concocts at home for his four-year-old daughter, Gwen, who lives with epilepsy that has left her developmentally delayed. He claims the treatment has allowed his daughter to live seizure free for 20 months, and has helped her learn to walk and talk.

THE CANADIAN PRESS

Is your bank making you money?
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A giant fireball is visible as a wildfire rips through the forest by Highway 63, 16 kilometres south of Fort McMurray on Saturday, May 7. JONATHAN HAYWARD/THE CANADIAN PRESS

Wildfire under control: Officials

FORT MCMURRAY

Danger over after almost two months battling blaze

Jeremy Simes
For Metro | Calgary

The Fort McMurray Wildfire is now considered to be under control, according to the province's wildfire officials.

On Tuesday, Alberta Wildfire thanked firefighters and partners for tackling a massive fire that forced more than 80,000 to flee Fort McMurray and neighbouring communities in early May.

"It's a great day," said Laura Stewart, wildfire information officer with Alberta Agriculture and Forestry. "Our firefighters have been working hard for a long time."

Many Fort McMurray residents have since moved back into the city to rebuild their lives, some finding their homes destroyed while others received little damage.

Officials have said the wildfire destroyed about 10 per cent of the town, turning the communities of Beacon Hill, Waterways and Abasand into rubble.

Stewart said firefighters have fought a lengthy battle, as it's been almost two months since the blaze was initially detected on May 1.

"That's meant a lot of hard work and support from our national partners," Stewart said. "It's something they've been working hard towards."

Earlier this week, fire Chief Darby Allen said many Fort McMurray firefighters are now wrestling a different set of demons, battling emotions of guilt after some watched their own homes burn down.

Stewart said crews will enter the extinguishment phase, where they'll monitor for any potential hot spots and douse them if needed.

TIMELINE

1. May 1 — A fire starts in a remote part of forest southwest of Fort McMurray. Investigators don't know how it started, but note that most spring wildfires are caused by people.

2. Overnight on May 2 and the morning of May 3 — The fire grows to 26 square kilometres, but is still moving away from the city. Life in Fort McMurray seems relatively normal.

3. May 3, 2:25 p.m. — Flames are heading toward the city and huge plumes of smoke are visible. Residents of three south-side neighbourhoods are ordered from their homes.

4. May 3, 6:31 p.m. — All of Fort McMurray is placed under a mandatory evacuation order.

IN BRIEF

PM invites Royal Couple over for family date

Canadians who could not get enough of William and Catherine, the Duke and Duchess of Cambridge, the last time they were here might get another chance to see them soon.

And this time, their young children, Prince George and Princess Charlotte, are welcome to join them.

Prime Minister Justin Trudeau has sent an official invitation to the royal couple and their family to visit Canada whenever their schedules permit.

THE CANADIAN PRESS

Brazeau pleads not guilty

Sen. Patrick Brazeau pleaded not guilty Tuesday to a charge of refusing to take a breathalyzer test.

The alleged incident took place on April 3 in L'Ange-Gardien, in western Quebec.

Last year Brazeau pleaded guilty to reduced charges of assault and possession of cocaine after a more serious charge of sexual assault was dropped because the Crown said it did not have sufficient evidence. He received an unconditional discharge.

THE CANADIAN PRESS

MISSING AND MURDERED INDIGENOUS WOMEN

Inequity undermines inquiry: Advocate

A leading advocate for the welfare of First Nations children and families says she'll have little faith in the upcoming inquiry on murdered and missing indigenous women unless a funding gap is closed first.

The Indigenous Affairs Department is required to update the Canadian Human Rights Tribunal by Wednesday on how it funds child welfare services in the wake of the tribunal's landmark decision that the existing system was discriminatory.

In some cases, it said government involvement has meant some children have been unfairly denied benefits.

Cindy Blackstock, the executive director of the First Nations Child and Family Caring Society, says the government's response since the January ruling has been inadequate and that makes her wonder about the inquiry as well.

"Right now, I have concerns about what they are going to do because they can use official procedure for a guise for taking action and that's an injustice to all the murdered and missing indigenous women," she said.

Blackstock's organization was one of two that brought the child welfare complaint to the tribunal.

> **"The federal government need to really get serious about compliance.**
> Cindy Blackstock

She said the funding need for child welfare is more than $200 million this year alone, providing a breakdown of her calculations to The Canadian Press that are based on available data — numbers she said the government received months ago and has never challenged her on.

"They are under a legally binding order," she said.

"They need to really get serious about compliance ... because this idea that they can really act as if they are above the law, and even worse that children are below the law, that needs to stop."

Advance consultations on the scope of the inquiry into missing and murdered indigenous women saw child welfare raised as one of the key issues the inquiry should review.

THE CANADIAN PRESS

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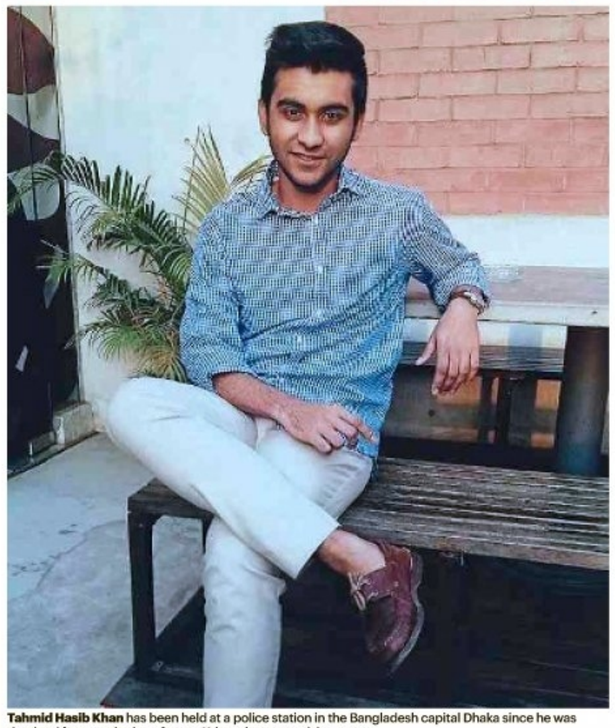


Tahmid Hasib Khan has been held at a police station in the Bangladesh capital Dhaka since he was detained for questioning after an 11-hour hostage crisis. FACEBOOK

IN BRIEF

GOP should 'get out of the way' of gun reform

The House won't vote on proposed Democratic gun curbs, Speaker Paul Ryan suggested Tuesday as the rekindled election-year clash over firearms showed no sign of resolution. Democrats said it was time for Ryan to "get out of the way" and heed public demands for gun restrictions. Ryan said plans to broaden background checks and to bar firearm sales to terror suspects were unconstitutional. THE ASSOCIATED PRESS

Mom charged with killing 4 kids sent to institution

A Tennessee mother charged with fatally stabbing four of her children was taken to a mental-health institute Tuesday, authorities said.

Shanynthia Gardner, 29, was taken to Memphis Mental Health Institute after a video hearing before a judge, a police spokesman said. THE ASSOCIATED PRESS

UNITED KINGDOM

Conservatives start search for new leader

The race to succeed Conservative Prime Minister David Cameron intensified Tuesday as Britain grappled with growing signs of economic strain after the vote to leave the European Union.

With the British currency plunging to its lowest point in three decades, Home Secretary Theresa May scored a substantial victory in the first round of voting to determine who will follow Cameron as party leader and prime minister.

She garnered just over half the votes cast, with 165 Conservative Party members of Parliament backing her. Her strong showing does not guarantee she will eventually reside at 10 Downing Street, however, as lawmakers will narrow the field to two candidates and then put the matter to a vote before the entire party membership.

The victor, to be announced Sept. 9, will be charged with becoming prime minister and leading what are expected to be tense negotiations to extricate Britain from the 28-nation EU bloc.

Theresa May, candidate for Conservative Party leadership. THE ASSOCIATED PRESS

May, who backed remaining in the EU, said she was pleased by the result in the vote.

"There is a big job before us: To unite our party and the country, to negotiate the best possible deal as we leave the EU, and to make Britain work for everyone," said May. THE ASSOCIATED PRESS

U of T student still detained in Dhaka

BANGLADESH

Tahmid Hasib Khan being questioned by investigators

A student from the University of Toronto is still in police custody after surviving a hostage crisis and terrorist attack at a café in Bangladesh last weekend, his cousin told Torstar.

Tahmid Hasib Khan, 22, has been held at a police station in the capital Dhaka since he was detained for questioning more than 72 hours ago, when security forces stormed the Holey Artisan Bakery to end an 11-hour hostage crisis, Khan's cousin Rasheek Ishtahim said in an interview Tuesday.

While Khan has spoken with his parents by phone, no family has been allowed to see him, Ishtahim said. The family is calling on Ottawa to help clear Khan, a Canadian permanent resident, of any involvement in the attack in which 22 people were killed, 18 of them foreign nationals.

Daesh claimed responsibility for the attack and its media branch published grotesque photographs of attack victims, according to the monitoring group, SITE. The Bangladeshi government, however, has blamed Jamaat-ul-Mujahideen, a domestic Islamist group. The home minister insisted Daesh has no presence in Bangladesh and could not have guided the attack.

"After such incidents usually people are taken to the hospital, but this wasn't the case," said Ishtahim, adding that his family does not know why Khan has been detained so long.

"I think the police might think he was a threat because he was of the same age," he said. "We are trying our best to get him out."

News reports from Bangladesh and across the globe named Khan as one of two hostages still being questioned after the café raid.

> You won't find a sweeter kid and you won't find a more decent family.
> Comment on "Free Tahmid" Facebook group

Britain's Telegraph newspaper reported Tuesday that Khan was being detained along with British civil engineer Abul Hasanat Reza Karim. A police chief quoted in the report would not comment on the interrogations.

Canada's Global Affairs spokesperson Diana Khaddaj declined to answer questions about Khan on Tuesday. In an emailed statement, she said consular officials in Dhaka are monitoring the situation but have "no reports of a Canadian citizen affected or detained following the attack."

Ishtahim said Khan arrived in Dhaka from Canada last Friday, having just completed his third year in life sciences at the University of Toronto. The young man was visiting his family in the city where he grew up, to celebrate the Muslim festival of Eid before going to Nepal to complete an internship with UNICEF, his cousin said.

Khan was among the 13 hostages that got out alive.

Word spread online among Khan's friends in Toronto over the weekend that he was present for the terrorist attack in Dhaka.

A Facebook group called "Free Tahmid" was created to push for his release from police custody, while family and friends posted words of relief and gratitude that he wasn't killed or injured in the attack.

One comment described Khan as an athlete and guitar player who was active in the Bangladeshi Students' Association at the University of Toronto. TORSTAR NEWS SERVICE

U.S. ELECTION

No charges for Hillary Clinton

The FBI lifted a major legal threat to Hillary Clinton's presidential campaign Tuesday, recommending no criminal charges for her handling of highly classified material in a private email account. But Director James Comey's scathing criticism of her "extremely careless" behaviour revitalized Republican attacks and guaranteed the issue will continue to dog her.

Comey's announcement effectively removed any possibility of criminal prosecution arising from Clinton's email practices as President Barack Obama's secretary of state. Attorney General Loretta Lynch said last week that she intended to accept the recommendations of the FBI and of career prosecutors.

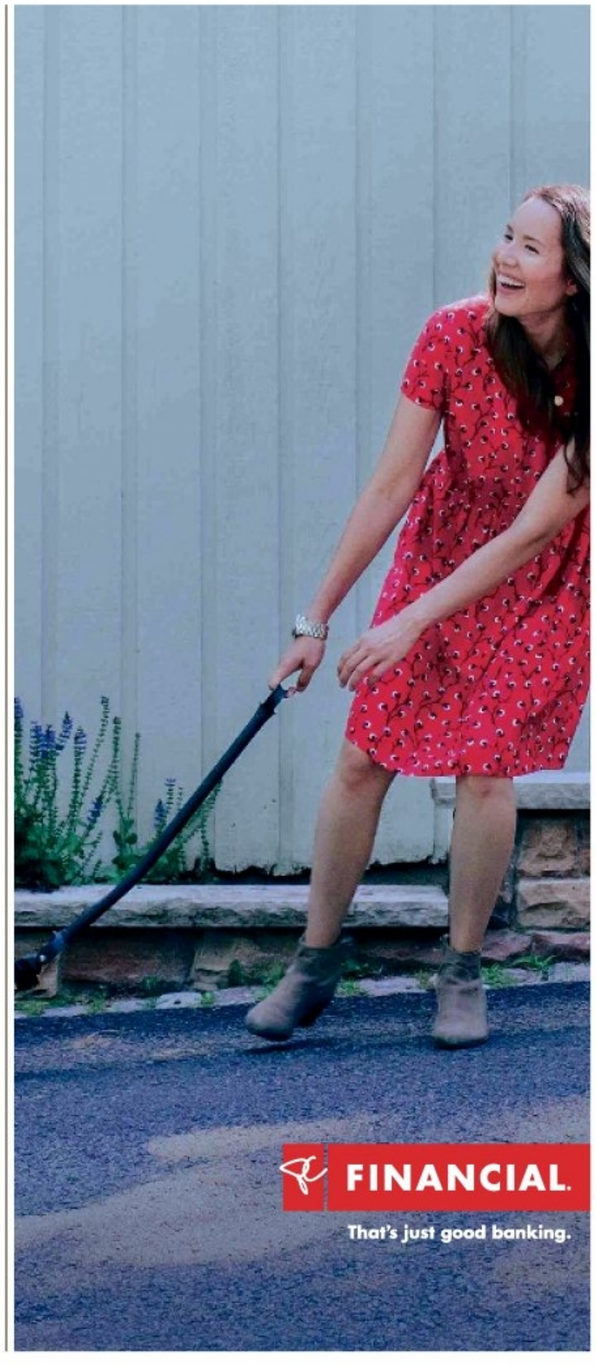
But the FBI director's blistering televised statement excoriated her handling of national secrets, contradicted her past explanations about her emails and ensured she will remain on the defensive about voters' views of her trustworthiness and judgment.

GOP presidential candidate Donald Trump said the statement provided more evidence against "Crooked Hillary" and showed anew that "the system is rigged." Republican House Speaker Paul Ryan said the decision not to prosecute simply defied explanation.

Hillary Clinton GETTY IMAGES

The findings concluded a year-long FBI investigation into whether Clinton mishandled classified information, either intentionally or through gross negligence.

Investigators who pored over tens of thousands of emails found no proof that Clinton intended to break laws governing the handling of classified information, Comey said. But he said, "There is evidence that they were extremely careless in their handling of very sensitive, highly classified information." THE ASSOCIATED PRESS



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Eid celebrated around the world

Muslim holiday marks end of the holy month of Ramadan.

GETTY IMAGES

1 Dubai, United Arab Emirates

A butcher prepares meat for customers ahead of Eid celebrations on Tuesday. The Muslim holiday Eid marks the end of 30 days of dawn-to-sunset fasting during the holy month of Ramadan.

THE ASSOCIATED PRESS

2 Srinagar, Indian-controlled Kashmir

A Kashmiri baker walks with a tray of pastries for sale ahead of Eid al-Fitr on Tuesday.

AFP/GETTY IMAGES

3 Moscow, Russia

A police officer stands among Russian Muslims praying outside the central mosque in Moscow on Tuesday.

GETTY IMAGES

4 Yogyakarta, Indonesia

Children parade on the streets as Muslims celebrate Eid Al-Fitr marking the end of Ramadan. During the month of Ramadan, Muslims in countries around the world spend time with family, offer gifts and often give to charity.

AFP/GETTY IMAGES

5 Saqba, Syria

Syrian children prepare traditional sweets at a pastry shop in the rebel-held town of Saqba, on the eastern outskirts of the capital Damascus, ahead of Eid al-Fitr.

TERRORISM

Series of bloody suicide attacks bear hallmarks of Daesh

Iraqis gather on Tuesday at the site of a car bomb attack that took place on July 3 in Baghdad's Karrada neighbourhood.
AFP/GETTY IMAGES

The government minister largely responsible for security in Baghdad submitted his resignation Tuesday, two days after one of the biggest bombings in more than a decade of war and insurgency killed 175 people as the Muslim holy month of Ramadan came to an especially bloody conclusion.

In addition to the violence in Baghdad, the final week of Ramadan saw suicide attackers strike near one of Islam's holiest sites in Saudi Arabia, in an upscale neighbourhood of the capital of Bangladesh, and at the international airport in Turkey's commercial hub of Istanbul.

The series of attacks, which bore the hallmarks of Daesh, killed both Muslims and non-Muslims, but also highlighted the reach of the militants beyond Iraq and Syria, where they hold territory and where a U.S.-led coalition is focusing most of their resources against the extremists.

As Muslims worldwide prepared for the Eid al-Fitr holiday that marks the end of Ramadan, Iraqis were still recovering bodies from the site of Sunday's truck bombing in the centre of the capital — the single deadliest attack claimed by Daesh worldwide.

At least 175 people were killed and nearly 200 wounded, while a dozen people remain unaccounted for. Police and health officials warned that the death toll could grow.

The bombing followed a string of significant territorial losses suffered by Daesh militants on the battlefield in Iraq and Syria where they have declared their caliphate.

At the height of the group's power in 2014, it controlled nearly a third of Iraqi and Syrian territory. Since then, coalition airstrikes have cleared the way for Iraqi and Syrian ground forces to regain territory. But as Daesh militants are pushed out of towns and cities, the group has increased insurgent attacks in Iraqi government-held territory and beyond.

Iraqi military gains against Daesh have repeatedly failed to translate into increased security for Iraqi civilians.

THE ASSOCIATED PRESS

Firms looking for mail alternatives

POSTAL STOPPAGE

Canada Post rivals plan for boom as lockout looms

A postal worker delivers mail in Ottawa on Tuesday as a labour dispute between the Canadian Union of Postal Workers and Canada Post continues. JUSTIN TANG/THE CANADIAN PRESS

Many Canadian businesses that rely on mail orders have been scrambling for weeks to prepare for a potential delivery shutdown at Canada Post.

The Crown corporation said Tuesday it had issued a 72-hour lockout notice to the Canadian Union of Postal Workers (CUPW), raising the spectre of a work stoppage by Friday.

The parcel delivery business has been a major contributor to Canada Post's revenues in the past few years, with volumes growing by 10 per cent in 2015 year-over-year. Many of those deliveries are from e-commerce businesses that have been forced to make alternative plans to deliver their goods to customers.

Suneal Pabari, co-founder of coffee subscription service The Roaster's Pack, said the company has been trying for weeks to work out a plan with alternative shippers. Pabari said the rates they've been quoted are 50 to 100 per cent more than what they were paying with Canada Post.

Meanwhile, competitor delivery services are planning for a boom in business. UPS said Tuesday it has already seen an increase in business and that it is ready to take on even more.

At Good Foot Delivery, a Greater Toronto Area public transit-based service, a potential work stoppage is a mixed blessing, said operations coordinator Courtney Ayukawa. While it could mean an increase in delivery time because the couriers rely on Canada Post for delivery legs outside the Toronto area, she is also expecting an increase in business.

TORSTAR NEWS SERVICE

IN BRIEF

iPhone users urged to become organ donors

Apple wants to encourage U.S.-based iPhone owners to register as organ donors through a software update this fall that will add a signup button to the health information app. CEO Tim Cook says he hopes the software will help ease a longstanding donor shortage that hit home when Apple co-founder Steve Jobs endured an "excruciating" wait for a liver transplant in 2009. THE ASSOCIATED PRESS

DATING WEBSITE

Ashley Madison is getting a makeover

Ashley Madison, the infidelity dating company that was hit last year by a massive hack, now hopes that a more inclusive, female-friendly site — and new leadership — will help it woo new customers.

The Toronto-based company's planned makeover is part of a broader strategy to rebuild the business that was left in shambles after last summer's security breach, which exposed the personal dealings and financial information of millions of purported clients.

"In 2016, the world is vastly different than it was in 2010," said Avid's new CEO, Rob Segal. The company found that roughly 45 per cent of Ashley Madison users are single and the balance were "looking for other experiences and other types of things" besides the infidelity trumpeted under the previous regime, including polyamory, he said. THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Wednesday, July 6, 2016

ROSEMARY WESTWOOD
ON QUESTIONS NO ONE'S ASKING MOMS

Obscured beneath predictable, vapid chatter about baby weight are questions I would desperately like to ask new mothers

There's a certain societal assumption that women with babies aren't very interesting.

Useful, perhaps, in a zookeeper kind of way. But not so much intellectually stimulating. Having revealed themselves to be the owner of a working uterus, they tend to be thought of only as a uterus, or perhaps a being transformed by virtue of her uterus into a slave finely tuned to the rhythms of eating, sleeping and soiling.

Unless, of course, they're a celebrity.

In that case, they become very interesting on one particular point: How did she lose the baby weight!?!?!

I will admit that watching a wealthy woman yo-yo in size from spherical to cylindrical does raise the question. But it's very, very, very easily answered. Like anybody who loses any weight, ever, women lose baby weight via a combination of diet, exercise and God-like force of will. (I guess some might get surgery. Probably some do.)

But it's actually always the exact same story, with a few rotating details that obscure the likely use of starvation. And as a slice of self-help advice, it's a story completely devoid of usefulness to most women who are too busy working and child-rearing to work out eight hours a day, and too poor to pay for a personal chef and personal trainer/baby-weight-loss enforcer, plus a Kim K-endorsed corset.

What is glorious? What is brutal? Tell me every detail that blows away the large, grey fog of 'it's all worth it.'

There's nothing wrong with wanting to fit your wardrobe from nine months ago, obviously, especially if it's full of clothes you actually like. Having never given over my body to the growth and needs of an alien being, I clearly can't relate to the havoc that experience wreaks on far more than waistlines.

my Twitter feed not far behind a CBC News tweet about the model Molly Sims and — you guessed it — her baby weight.

Thorpe's story doesn't mention calorie counting. It's far more devastating than bootcamp regimes. It reads like a kind of wail from a woman who both loves her children and feels

Tell me every detail that blows away the large, grey fog of "it's all worth it" and "hardest job ever" and "you don't need sleep" and "best part of your life" — the platitudes and cheap lines that might feel real and right to parents who use them, but offer no insight, no form, no shape or colour, no edges hard or soft.

INQUIRING MINDS WANT TO KNOW Please, please, Kim, tell us how you managed to lose the all-important baby weight. THE ASSOCIATED PRESS

But headlining new-mom stories with baby-weight woes is a simple, retrograde way to suggest the only priority for new mothers is to be damn hot. As if they could assert their old independence by looking as they once did, and so we never need ask more about the earthquake that is parenthood.

Worse is this: Obscured beneath that inane, predictable, vapid chatter are myriad questions I would desperately like to ask new mothers.

Enter "Mother, Writer, Monster, Maid" by Rufi Thorpe. The essay, which was published by Vela, an online magazine of writing by women tumbled down

imprisoned by them.

"There is a deep, almost suffocating solitude to my days, and yet there is also the California ocean, the flowers, the breeze. It is lovely; it is intolerable; it is both," Thorpe writes.

"I have tried to say it to my husband; I have tried to say, 'I hate my life.' I have tried to say, 'I need help.' I have tried to explain why I am finding being a mother so difficult, but in the face of his questions, my explanations collapse," she goes on. As a writer who's hoping to one day have children, and who's utterly terrified of what that will mean, this is what I want to hear from mothers. What is glorious? What is brutal?

In her essay, Thorpe notes a series of recent articles "that argue that there is an inherent conflict between motherhood and artistic work," an argument at which many creative mothers may or may not bristle. An argument that seems hyperbolic, and exactly the kind of dialogue I am seeking.

Thorpe's essay has an uplifting ending, but that's almost beside the point. Indelicate questions have been asked, by one mother, of herself, and there's nothing self-help about it.

It's only one view, but it's more illuminating than decades of tabloid talk. A single window into motherhood, sans dress size.

Police do belong at Pride, just not too many

Emma Teitel
For Metro

At Toronto's LGBTQ pride parade Sunday, Black Lives Matter staged a 30-minute parade-halting protest, marked by enormous plumes of multicoloured smoke — the result of harmless smoke bombs.

If you were standing anywhere close to the demonstration, it was undeniably beautiful.

But if, like a close friend of mine, you were a few hundred yards from the sit-in, anxiously trying to determine what just happened, you might not have been impressed — you might have been afraid.

You might have thought, as my friend did, with the horror of the Orlando LGBTQ nightclub shooting fresh in his mind, "Why did the parade stop? Is something wrong?"

So it transpired that BLM Toronto, a group that advocates fiercely for "safe spaces," made at least one queer person in their midst feel momentarily, very unsafe.

Of course, instilling fear was not BLM's intention, but the confusion isn't meaningless. It's relevant to a larger question in the aftermath of Gay Pride and BLM Toronto's controversial demand that police officers cease to march in the parade, out of respect to LGBTQ people of colour who feel threatened by their presence.

How should we prioritize the safety of an exceedingly diverse group like the LGBTQ community? And what happens when one community's idea of safety isn't another's?

Let's say, for example, that you're an older white gay guy who can remember a time when police raided bathhouses, but who now, seeing a succession of smiling modern-day cops march in the parade, is buoyed by a newfound sense of pride and, yes, safety.

Should you suddenly regard your positive feelings toward the police as suspect because your transgender peers of colour don't share them?

BLM Toronto would say yes.

I say yes — and no.

Yes, because Pride is and should stay political. It should strive to eradicate injustice. Its work isn't done.

But no, because it is also a celebration of gains won. And today's struggles should not preclude the celebration of yesterday's strides: the public embrace of the LBGTQ community by police.

It's important for kids watching the parade to see that there are queer cops and firefighters marching proud.

But the rage expressed by BLM Toronto is 100 per cent legitimate. Police discrimination disproportionately affects LGBTQ people of colour. Their fear of law enforcement is real and reasonable.

So I'd like to propose a compromise, the kind not yet offered publicly by Pride organizers themselves.

Toronto Pride should not altogether eliminate police presence from the parade. It should significantly reduce it. There are, flat out, too many police officers marching in the parade. (A friend even turned to me during an especially long procession of men and women in blue and said, "Is this a cop parade?")

This is a compromise that might make queer people of colour feel safer — and everyone feel less bored.

Emma Teitel is a national columnist for the Toronto Star

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Wednesday, July 6, 2016

STARS SPEAKING OUT

Duelling petitions on Jesse Williams: After his BET Awards speech criticized police in America, one petition calls for the Grey's Anatomy star to be fired, another supports Williams, calling him "a brave leader."

Can you be kinda-sorta vegan?

LIFESTYLE

A look at plant-based diets leads to a lesson in labels

Genna Buck
Metro Canada

People come into Kupfert & Kim, a vegan take-out joint with six locations around Toronto, for all sorts of reasons.

Some are looking for a substantial lunch that's healthier than typical fast-food fare, while others are seeking lactose- and gluten-free options, said staff member Jesus Rodriguez. But most have one thing in common, he added: They don't call themselves vegan.

All the items on the restaurant's menu are free of meat, fish and animal by-products like milk, butter and eggs — what's conventionally understood to be vegan. But almost everyone who was at the busy downtown location on Tuesday said they didn't identify with any dietary label at all. Just two were vegetarian.

The customers were "vegan" that day only incidentally or occasionally. Their reasons for choosing an animal-free lunch or snack ranged from, "It's really fresh and really good," as one woman grabbing a blueberry smoothie said, to, in the case of customer Jeff Mcleod, simply because he really likes the coffee.

In the eyes of many self-identified vegans, there's no such thing as an occasional vegan.

"An occasional vegan … that's like … let me think … that's like saying you're an occasional Buddhist," said Toronto-based life coach Kimberly Carroll, who has been vegan for 10 years. "Veganism is a philosophy. It's about eliminating harm to animals as much as possible. It goes beyond diet."

Carroll doesn't wear silk (from caterpillars), fur, wool or leather, and doesn't go anywhere animals are used for entertainment, like zoos or aquariums.

Within the vegan community, the term "plant-based diet" is more commonly used to describe the choice to abstain from all animal products, but not identify with the vegan lifestyle, Carroll explained. (Confusingly, many people who eat animal products once in a while, but are mostly vegan or vegetarian, also say they follow a "plant-based diet.")

The precise definitions of all these terms, it turns out, are hotly contested.

Oakville, Ont. food writer Angela Liddon learned that the hard way last year. She cooks vegan meals for her family and features them her site, Oh She Glows. But her husband isn't a vegan, and, she explained in a blog post, her infant daughter Adriana won't necessarily be either.

In response to the reader question, "Will you raise your daughter a vegan?" she wrote, "I want her to be able to try any food that she wants to, including the food her dad and family members eat," whether it's vegan or animal-based.

What followed was a deluge of "hateful and threatening" comments accusing her of being not vegan enough and not doing for the vegan movement, Liddon wrote in a follow-up post.

The experience scared her off the word "vegan" altogether.

"I will keep on doing my thing, but without a personal label," she wrote.

Judgemental attitudes, like what Liddon experienced, are troubling to Sandra Veljovic, incoming president of the Veg Club at the University of Toronto. Though she's a strict vegan herself, Veljovic said being militant about labels "makes us seem a lot less accessible and perpetuates the stereotype of vegans being super extreme."

No one is 100 per cent successful at being vegan, Carroll said, because it's nigh on impossible to go through life without causing any animal suffering at all.

Case in point: "I did stomp on a centipede once," she confessed. "I felt bad about it."

Although she is extremely conscientious personally, Carroll wants as many people as possible to identify with and feel welcome to join the vegan and vegetarian movements, even if their adherence is not perfectly pure.

"The more folks identify as vegans, the better for vegans," she said, because it will expand the options available and reduce the amount of animal products used. Ultimately she said, "I want animals to not suffer."

DEFINITIONS

Vegan Someone who abstains from foods made from animals or animal by-products like dairy, eggs and honey. Many vegans say it extends beyond diet to a philosophy that aims to minimize animal suffering in every way.

Plant-based diet Broadly, this could refer to anyone who mostly eats foods that come from plants. But more recently, "plant-based" refers to people who follow a diet identical to what vegans eat, but who don't choose to adopt the broader philosophy of veganism.

Fruitarian An extreme vegan who follows a high-carbohydrate, low-fat, low-protein diet consisting almost entirely of fruit. This is discouraged by doctors.

Staff member Jesus Rodriguez shows off some vegan fare available at Toronto's Kupfert & Kim. LIZ BEDDALL/METRO

After the fast ... it's time for the feast

RECIPE

End of Ramadan opens the door to the dessert delights of Eid

As Ramadan comes to an end, Muslims are celebrating Eid al-Fitar, a day of feasting following a month of fasts. As with any global holiday, the treats vary from place to place. The Somalis have buskud (shortbread); Pakistanis make sheer khurma (vermicelli cooked in sweet milk); and the Turkish and Bosnians bake baklava.

Here's a glimpse into some other home-made Eid treats Canadians are digging into this week.

Sawine (left) is a Trinidadian dessert of buttery toasted vermicelli cooked in sweet milk then topped with nuts and dried fruit while **Kahk** is a very old dessert eaten by Egyptians during Eid. KARON LIU/TORSTAR NEWS SERVICE

Trinidadian Sawine
(Makes 8 to 10 servings)

Muslims in Trinidad and Tobago make up just about 10 per cent of the population, but Eid is a public holiday and families take the day off to don new clothes, visit the mosque (Trinidad has 85 and Tobago has two) and cook up a storm, says Lazina Aziz, 77, who was born in Trinidad before coming to Canada 20 years ago. Aziz makes a sweet puddinglike dessert called sawine (pronounced "sa-wine"). Thin vermicelli noodles are toasted to a golden brown in butter, then cooked in sweetened milk flavoured with spices, nuts, dried fruit and other toppings.

Ingredients:
- 2 tbsp (30 mL) unsalted butter
- 1 1/2 cups (375 mL) cut vermicelli
- 1 cinnamon stick or 1 tsp (5 mL) ground cinnamon
- 6 whole green cardamon pods
- 2 cups (500 mL) each: boiling water, evaporated milk
- 1/2 cup (125 mL) sweetened condensed milk
- Raisins, for garnish
- Chopped toasted almonds, for garnish

Directions:
1. In a large saucepan, melt butter over medium heat. Add vermicelli, cinnamon and cardamon. Stir constantly, covering noodles in butter and toasting until fragrant, about 2 to 3 minutes. Remove cinnamon stick and cardamon pods.

2. Add boiling water; continue to cook on medium until noodles are tender and most of the water has evaporated, about 10 to 15 minutes.

3. Reduce heat to low. Stir in evaporated and condensed milks until warm.

4. Divide into bowls. Top with raisins and chopped almonds. Serve immediately.

Egyptian Kahk
(Makes 36 cookies)

In Egypt, the essential dessert for Eid is kahk (pronounced "ka-hk" with a strong emphasis on the H), a crumbly cookie stuffed with a sweet paste and covered in powdered sugar.
"My grandma would spend hours kneading the dough, but this was before the days of the KitchenAid," says Nora Hindy, 33, a teacher.

Ingredients (for the walnut filling):
- 1/2 cup (125 mL) each: water, all-purpose flour, honey, toasted sesame seeds
- 3/4 cup (180 mL) crushed and toasted walnuts
- 1 tbsp (15 mL) rosewater, optional

Directions:
1. In a small pan over very low heat, whisk water, flour and honey together until well incorporated and smooth. Fold in sesame seeds and walnuts; stir in rosewater if using. Remove from heat.

2. Let mixture cool to room temperature to form a paste.

Ingredients (for the dough):
- 4 cups (1 L) all-purpose flour
- 1 1/4 cups (310 mL) ghee or clarified butter
- 2 tsp (10 mL) powdered sugar, plus more for dusting cookies
- 1 tbsp (15 mL) ground mahaleb
- 1/2 tsp (2 mL) each: ground aniseed, ground fennel seed
- 1 1/2 tbsp (2 packets) instant dry active yeast
- 1/2 cup (125 mL) lukewarm water
- Walnut filling

Directions:
1. Preheat oven to 375F (190C). In a stand mixer with hook attachment, mix flour and ghee on low speed until dough is evenly mixed but still crumbly.

2. In the meantime, in a mixing bowl stir together sugar, mahaleb, aniseed, fennel seed and yeast. Add water and mix until yeast starts to bubble. Cover with plastic wrap and let sit for 10 minutes, or until mixture doubles in size.

3. Add yeast mixture to flour mixture. Mix dough on low speed until just combined into a solid ball. Add more water if dough is too dry.

4. Divide dough into tablespoon-sized balls. Take dough ball and flatten into a disc shape with hand. Scoop 1 teaspoon of walnut filling into centre of flattened dough ball. Roll dough back into a ball. Repeat with remaining dough.

5. Place dough on lined baking sheet and bake for 20 minutes, or until cookies are slightly golden brown.

6. Let cool on a rack; dust generously with powdered sugar.

TORSTAR NEWS SERVICE

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Canned Tuna

A tuna fish sandwich is an easy meal, but the flavoured versions may not be as nutritious.

PICK THIS

Solid White Tuna (Albacore in Water)

Calories 70
Fat 1g
Sodium 170mg

SKIP THIS

Mini Flaked Light Spicy Thai Tuna

Calories 160
Fat 7g
Sodium 470mg

HERE'S WHY

Equivalent to: as much sodium as two slices of Primo Vegetarian Pizzas (hand-tossed crust) from Panago Pizza.

Canned tuna is an easy way to make a meal. While there may not seem to be much of a difference between these two cans, take a closer look. By selecting the Spicy version, you're adding sunflower oil, sugar and extra salt, which more than doubles the calories and sodium, as well as greatly magnifying the fat. Pick the tuna packed with water; you can add some light mayonnaise, diced veggies and herbs to enhance the flavour.

Add slices of heirloom tomatoes to your pizza for a summery, light pie tonight. KARON LIU/TORONTO STAR

PIZZA

Better than takeout

Simply brush a store-bought, thin pizza crust with olive oil and lay a single layer of sliced heirlooms, added stripes of prosciutto, minced garlic, basil leaves, crumbled feta, salt and pepper. It's filling, light-tasting and ready in 20 minutes from start to finish.

Heirloom Tomato Pizza
Makes one pizza.

Ingredients:
- 1 store-bought, ready-made thin pizza crust
- Olive oil
- 1 garlic clove
- 1 to 2 medium heirloom tomatoes, thinly sliced
- 3 to 4 slices prosciutto
- Freshly torn basil leaves
- 1 tbsp crumbled feta
- Salt and pepper, to taste

Directions:

1. Preheat oven to 425 F (220 C) or temperature indicated on pizza instructions.

2. Rub garlic clove all over pizza crust. Lightly brush crust with olive oil. Mince garlic clove and sprinkle evenly over crust.

3. Arrange sliced tomatoes in a single layer around crust. Top with prosciutto, basil and feta. Brush more oil. Season with salt and pepper.

4. Place pizza directly on the middle rack of the oven; bake 10 to 12 minutes, or until prosciutto and tomato edges begin to crisp and brown. Remove from oven and serve. TORSTAR NEWS SERVICE

LIQUID ASSETS

Can wine work like this?

As adventurous as wine fans can be, there are still some hurdles many just won't jump. The most contentious is packaging.

While the convenience of bag-in-box wines have seen even the snobbiest of wine snobs embrace the concept; wine from a PET bottle or Tetra Pak never turned anyone's corkscrew.

Though not the first to take a kick at the can, California's Big House has just released two wines that come wrapped in aluminum.

Straight from the can The Birdman Pinot Grigio (250mL, $3.99-$4.99) is a surprisingly full-figured white with ripe, citrus fruit, while the Cardinal Zin Zinfandel (250mL, $3.99-$4.99) is a red packed with blackberry and plum. Easy to transport and simple to serve, both should be a hit at any summer gathering. PETER ROCKWELL

Great science plays here.
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JOHANNA SCHNELLER **WHAT I'M WATCHING**

Helping towns on the ropes stand up again

THE SHOW: Still Standing, Season 2, Episode 3 (CBC)
THE MOMENT: The Titanic joke

Still Standing has Jonny Harris entertaining struggling towns. CONTRIBUTED

Series host Jonny Harris is on stage in Georgetown, PEI. The town is struggling: The timber mill closed in 2007, the shipyard three years later. Harris has been interviewing locals, and he incorporates their stories into his standup routine.

"There were 15 bars here once; now there are none," Harris says. "There were 1,600 people, now there are 650. Proving a direct correlation between alcohol and population." The audience chuckles.

Harris introduces a local who wants pocket cruise ships to stop here. "A pocket cruiser would help," Harris says. "Heck, a canoe would help. Jack and Rose from Titanic clinging to a piece of debris would help — as long as when you fished them out they'd go buy an ice cream."

The premise here could not be simpler: Harris arrives in a town beset by adversity, bones up on the history, tapes a few chats. Then he sets up a stage with a map of Canada and a few strings of lights, and delivers his routine — equal parts ribbing, education and boosterism.

The enterprise feels like exactly what the CBC should be doing. That's not usually good news — it smacks of taking your medicine. But Still Standing works. Harris and his subjects react to one another with good-natured charm, while the seriousness of the towns' plights makes humour feel like a brave choice.

Props to Harris: He hears the same hard tale in every small town — the end of fishing and lumber gutted them — yet finds fresh jokes every time.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

SWEDEN

Dozens report assault at fests

Several dozen women reported being raped or sexually assaulted at two music festivals in Sweden last weekend, police said Tuesday.

Police Inspector Leif Nystrom said there had been 32 reports of attacks by boys or young men at a three-day festival in the city of Karlstad, 300 kilometres west of the capital, Stockholm. The youngest alleged victim was 12. Police identified seven young men they wanted to question.

Meanwhile in Norrkoping, police told local media that they that were investigating five cases of alleged rape and more than a dozen suspected sexual assaults at the Bravalla Festival in the city, southwest of Stockholm.

After playing in Norrkoping, British rock band Mumford & Sons posted a note on their Facebook site saying they were "appalled … and gutted by these reports" of rape and sexual assault.

The band said Tuesday they would not play Bravalla again unless police and organizers could assure them that they are "doing something to combat what appears to be a disgustingly high rate of reported sexual violence."

A police officer helps with security in the campsite at Bravalla Festival in Norrkoping, Sweden Saturday. IZABELLE NORDFJELL / TT VIA THE ASSOCIATED PRESS

Swedish Prime Minister Stefan Lofven described the situation as "totally unacceptable" and said that laws on sexual assault would be tightened.

"We are in the process of reviewing them," he said in a speech at a political seminar. "It's also important that we continue to ensure that police, prosecutors and other officials are better equipped to investigate such crimes and actually catch the perpetrators."

Nystrom told The Associated Press that Karlstad police have identified the perpetrators at the event in Karlstad but that no one had yet been detained. He declined to give details of the suspects or comment on reports that the offences were committed by migrants or foreigners, pending the outcome of the investigation.

He said the reports of sexual assault in Karlstad included groping but there were no reports of rape or attempted rape.

"We want to catch the suspects because we need to talk to them," he said. "The number of such cases has increased slightly since last year, but I'm really not sure if this is a common problem at festivals."

Earlier this year, Swedish police faced allegations of a cover-up for failing to inform the public of widespread sexual assaults against teenage girls at a music festival a year ago, which came to light in January when the Swedish daily Dagens Nyheter reported them following a string of sexual assaults and robberies on New Year's Eve in Cologne, Germany.

THE ASSOCIATED PRESS

GOSSIP BRIEFS

Foxx, Cohen join celebrity softball game lineup

Jamie Foxx and Andy Cohen are joining J.K. Simmons and Pete Wentz to play in the 2016 MLB All-Star Legends and Celebrity Softball Game.

The softball game will air on ESPN immediately following the Home Run Derby on July 11. Tickets are on sale now. THE ASSOCIATED PRESS

Blunt and Krasinski welcome new daughter

Emily Blunt and John Krasinski have welcomed a second daughter.

Krasinski, who's best known for his role as Jim Halpert on NBC's The Office, posted the news on Twitter Monday, writing "2 weeks ago we met our beautiful daughter Violet."

Blunt and Krasinski's first child, Hazel, was born in 2014.

THE ASSOCIATED PRESS

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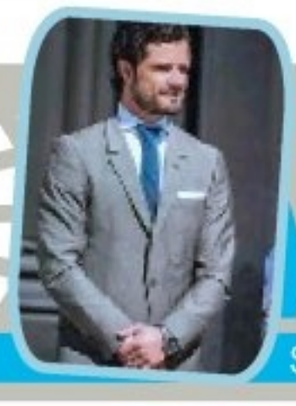

Swedish Prince Carl Philip designs Volvo Polestar Art Car

Frugal Focus rewards steady drivers

ALL PHOTOS CONTRIBUTED

REVIEW

Fun to drive in medium to slow traffic

Sami Haj-Assaad
AutoGuide.com

Ford is sticking all kinds of EcoBoost engines into its compact cars, but this one isn't the hairy, rally-inspired Focus RS you've heard all about, and it's certainly not the tail-happy Focus ST that lights up the track.

While those two turbocharged versions of the Focus are all about speed, the one I'm testing is the polar opposite. With its force-fed three-cylinder engine, you need to take it slow and steady. And if you drive this car slow and steady, it will reward the driver with extra miles per gallon.

Ford and the EPA suggest that the best the 1.0-litre EcoBoost can do in the Focus is a whopping 35 mpg. It might not be as exciting as what the Focus RS and Focus ST can do, but for some people, this frugalness can be a thrill in its own right.

First seen in the U.S. on the Fiesta, the engine makes 123 hp and 125 lb-ft of torque and is paired to a six-speed transmission, either an automatic or a manual. Manual models are capable of getting 35 mpg combined, while automatics earn just 32 mpg combined. Automatic start-stop helps improve things in traffic. Canadians get both the sedan and hatchback body styles.

The car feels pretty responsive in the mid-range, making it surprisingly fun to drive in slow to medium-speed traffic. Ask much more of it, say, passing on the highway, and you're going to be wanting more power and for it to arrive much sooner. And while you can jump through traffic lights with a bit of gusto, doing so comes at the cost of fuel economy. This 1.0-litre EcoBoost needs you to take things a bit slowly. Simply put, the power plant is only suitable for staying right at the speed limit and driving gingerly and smoothly.

Despite the requirement to be driven sedately, the car is quite fun and responsive to drive. The steering feels tight and well weighted, giving a confident feel to the driver.

The interior and exterior haven't been radically changed this year. The car avoids looking too stale thanks to a new bumper and LED daytime running lights. The interior has also been updated, with Ford offering the new Sync 3 infotainment system and USB ports that are said to help charge your devices twice as quickly as the old units.

There are some issues to address. For starters, it's not easy to achieve the car's advertised fuel economy numbers, and doing so requires some unrealistic driving habits.

If you're going to get an EcoBoost Focus, you should either get a fun one like the ST or RS, or else stick with the naturally aspirated model.

THE CHECKLIST | 2016 FORD FOCUS 1.0-LITRE ECOBOOST

THE BASICS

Engine: 1.0-litre three-cylinder
Power: 123-hp, 125 lb-ft of torque
Transmission: six-speed manual or automatic
Fuel Economy (L/100 km): **Manual:** 7.8 city, 5.7 highway, 6.8 combined. **Automatic:** 8.5 city, 5.9 highway, 7.3 combined
Price (CAD): Starts at $21,199

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- Driving dynamics
- Looks good

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- Slow
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5 CLASSIC RIDES THAT SPIKED IN VALUE OVER THE PAST YEAR

Summer is here, and if you're looking for a collector car to enjoy it in, these classics are begging for your attention. The world's leading insurance provider for classic vehicles, Hagerty, has released a list of the hottest collector cars of the summer, but what caught our interest is how some of these have seen their values spike in the past year. That means if you've been keeping your eye on any of these, you might want to act fast because they're trending upward and quickly. JASON SIU/AUTOGUIDE.COM

ALL PHOTOS CONTRIBUTED

1 1988 Porsche 944

The 1988 Porsche 944 headlines the list with a current value of $20,600 in top condition. And while its top value has been steadily on the rise since January 2016, it's the excellent condition cars that have seen a major jump. In January 2015, the 1988 Porsche 944 had a value of around $10,500, but in January 2016, it rose to $16,500. Excellent-condition cars have dropped since to around $15,600.

2 1974 BMW 2002tii

Who isn't a fan of a BMW 2002? The 1974 BMW 2002tii currently has a value of $47,300 for a top-condition example, while an excellent one will fetch around $26,800. Its value has jumped substantially since January 2015, when a top-condition model was worth around $36,000. Its value was actually slightly higher in January 2016 when it was worth around $47,500.

3 1997 Ferrari F355 Spider

If you want to drop the top on a Ferrari, you might be surprised to hear what the F355 is worth today. The 1997 Ferrari F355 Spider is currently worth $90,100 in top condition, a noticeable increase from its January 2016 value of $77,500. But this particular model is on the rise, considering in January 2015 it was worth around $51,000! An excellent-condition one is worth around $68,900.

4 1987 Mercedes-Benz 560SL

Perhaps the Ferrari is too flashy and you prefer something more classy. The 1987 Mercedes-Benz 560SL is a primary candidate, and its value is quickly rising. Currently a top-condition model will run you around $75,700. It's also one of the biggest jumps on the list, since the 1987 Mercedes-Benz 560SL was valued around $32,500 in January 2015.

5 1990 BMW M3

But the car seeing the biggest jump in the past year is the 1990 BMW M3. You might be shocked to hear that a top-condition model begs a price of $121,000 in today's world and even an excellent-condition has a price tag of around $76,100. It has been on the rise since January 2015, when a top condition was valued around $69,000. In January 2016, Hagerty says, it would fetch around $115,000.

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metro SPORTS

In the first 96 hours of free agency, NBA teams committed about $3 billion toward contracts — that's almost $9,000 a second over four days

Bringer of Rain a Royal pain

BLUE JAYS

Donaldson bashes two homers, scores four runs

Less than an hour after being named to the American League all-star team for a third straight season, Josh Donaldson continued to prove he belongs among the game's elite.

The Blue Jays third baseman hit two home runs and scored four times to back a solid start from R.A. Dickey as Toronto beat the Kansas City Royals 8-3 on Tuesday.

It was Donaldson's eighth career multi-homer game and fifth with the Blue Jays (47-39).

The 30-year-old was officially 3-for-4 but also reached on a fielder's choice. His four runs scored gave him a Blue Jays pre-all-star game record of 77.

Troy Tulowitzki, with a three-run shot, and Ezequiel Carrera also went deep for Toronto. Edwin Encarnacion drove in a run with a base hit and Kevin Pillar added a sacrifice fly.

Dickey (6-9) scattered four hits, three walks and two runs over seven innings. The knuckleballer also fanned eight en route to his first win of the year at Rogers Centre (1-6).

Cheslor Cuthbert hit a two-run shot and drove in another run for Kansas City (43-40). Chris Young (2-8) shouldered the loss after allowing six runs over 2-1/3 innings.

Josh Donaldson admires hitting a first-inning home run against the Royals on Tuesday night. TOM SZCZERBOWSKI/GETTY IMAGES

At Rogers Centre

8	3
BLUE JAYS	ROYALS

Donaldson attacked early, sending the first pitch he saw from Young in the first inning over the centre-field wall to give Toronto a 1-0 lead.

The Blue Jays got to Young again in the third with back-to-back homers from Carrera and Donaldson followed by Tulowitzki's three-run shot to give Toronto a 6-0 lead and end the Kansas City starter's night.

It was the 34th time in club history that the Blue Jays hit three home runs in one inning. The last was May 7, 2014 against Philadelphia.

Cuthbert put the Royals on the board with his two-run homer off Dickey in the fourth. But the Blue Jays replied in the bottom of the frame when Donaldson scored from second base on an Encarnacion single to extend their lead to 7-2.

Pillar plated Donaldson from third in the seventh with his sac fly.

Cuthbert laced an RBI double off Joe Biagini in the ninth to score Eric Hosmer from first.

THE CANADIAN PRESS

ALL-STARS

Three Blue Jays were named to the American League all-star roster on Tuesday.

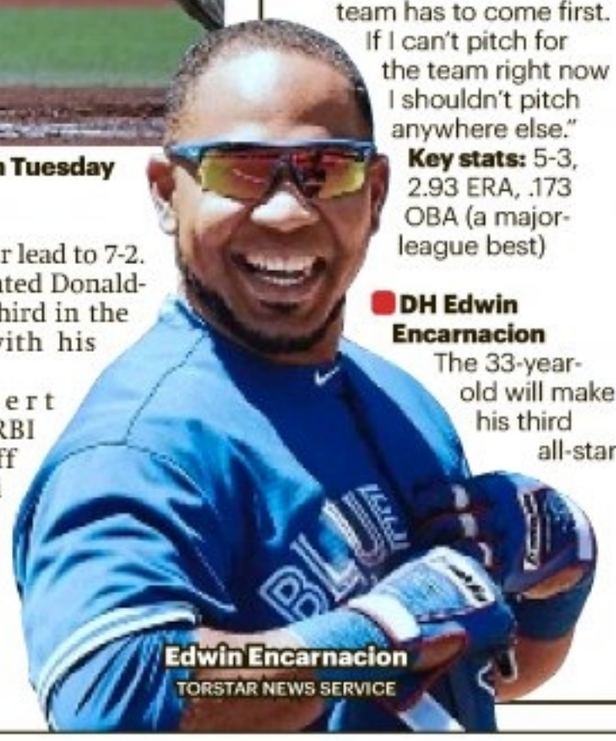
RHP Marco Estrada
The starting pitcher was named an all-star for the first time in his nine-year big-league career. Estrada, however, has been dealing with a sore back ever since taking a swing during an interleague game in Philadelphia last month. He received four cortisone shots on Monday. "I want to be able to pitch," Estrada said. "It's my first time (at an all-star game) and it could be my only time. But the team has to come first. If I can't pitch for the team right now I shouldn't pitch anywhere else."
Key stats: 5-3, 2.93 ERA, .173 OBA (a major-league best)

DH Edwin Encarnacion
The 33-year-old will make his third all-star game appearance after a strong first half to the season. Encarnacion appeared at the 2013 and 2014 all-star games — both with the Blue Jays.
Key stats: 22 HR, 76 RBI (a major-league best)

3B Josh Donaldson
The reigning American League MVP will make his third straight all-star game appearance after suiting up in a Jays uniform last season and once with the Oakland Athletics in 2014. He may also be a candidate for the home run derby after participating in the event the last two years.
Key stats: .298, 20 HR, 58 RBI

OF Michael Saunders (one of five finalists for the all-star game Final Vote)
The Canadian is having a breakout year after missing all but nine games last season with knee injuries. "I really wanted to prove to myself and prove to the organization and to the fan base why they traded for me in the first place and I've worked obviously very hard in the off-season and continue to work hard during the year to be where I am right now," Saunders said.
Key stats: .290, 15 HR

***All stats prior to Tuesday's game**



Edwin Encarnacion
TORSTAR NEWS SERVICE

WIMBLEDON

Williams sisters advance to semis

The Williams sisters could be headed for another meeting in a Grand Slam final.

Venus Williams made it back to the Wimbledon semifinals for the first time in seven years on Tuesday, while defending champion Serena Williams advanced to her 10th final four at the All England Club.

Five-time champion Venus, 36, beat Yaroslava Shvedova of Kazakhstan 7-6 (5), 6-2, advancing to the semifinals for the first time since 2009 and first time at any major since the 2010 U.S. Open.

> **I want her to win so bad — obviously not in the final if I'm there.**
> Serena Williams

A short while later, Serena beat Anastasia Pavlyuchenkova of Russia 6-4, 6-4.

THE ASSOCIATED PRESS

IN BRIEF

Loss to Reds the latest woe of suddenly struggling Cubs
John Lackey's winless streak stretched to five games, Chicago manager Joe Maddon was ejected and the Cincinnati Reds beat the struggling Cubs 9-5 Tuesday in Chicago behind Zack Cozart's 13th home run.

Lackey (7-5) allowed six runs — five earned — six hits and five walks in six innings, dropping to 0-3 in his past five starts. The Cubs have lost five of their last six games and 10 of 15.

THE ASSOCIATED PRESS

American athletes to be studied for Zika infections
Researchers will study some U.S. athletes for Zika during the summer Olympics and Paralympics in Brazil, to better understand how the virus infects.

The National Institutes of Health announced the study Tuesday, amid concern among athletes over the mosquito-borne virus, which can cause severe birth defects.

Some athletes have dropped out, citing Zika worries. THE ASSOCIATED PRESS

BASKETBALL

Canada starts Rio qualifier with win

Toronto Raptors point guard Cory Joseph led Canada to a 77-69 win over Turkey on the opening day of the FIBA Olympic basketball qualifying tournament.

Joseph led the Canadian attack Tuesday with 21 points, five assists and three rebounds.

Canada outshot Turkey from the floor, hitting 42 per cent of its field-goal.

A win over Senegal on Wednesday will secure Canada a spot in the semifinals.

THE CANADIAN PRESS

Canada's Thomas Scrubb defends against Turkey's Ali Muhammed on Tuesday.
TED ALJIBE/AFP/GETTY IMAGES

Into the fast(er) lane

TRACK AND FIELD

De Grasse takes world-class training into Olympic trials

When Andre De Grasse lines up against the world's fastest men at the Rio Olympics, it will be the punctuation mark on a season that was written in countless training runs down the track at a small college in Arizona.

The Canadian sprint star raised some eyebrows when he upended his training environment just six months out from the Rio Olympics.

The 21-year-old swapped what was essentially a two-man training group at the University of Southern California to become just one of over 100 world-class athletes from 30 countries working with the Altis training centre in Phoenix.

Training against the best in the world on a daily basis, he said, will stand him in good stead when he lines up in Rio.

"Before it was just me and my training partner BeeJay (Lee, his USC teammate)," De Grasse said. "But we both came here, and the atmosphere ... we have guys who are just as fast as us, that push us every day.

"It's really good for us competitively because before you didn't really know where you were at, in practice. But now you can tell, if you're with your training partner or you're near him doing a rep, you know you're in pretty good shape."

The Markham sprinter will be the headliner at this week's Canadian Olympic trials in Edmonton, and he has his eyes on a medal at the Rio Olympics.

He'll also be one of about a dozen Altis athletes, including sprinter Justyn Warner and long jumper Christabel Nettey, competing in Edmonton.

Paradise Valley Community College, the Altis training base, sits in the shadow of Camelback Mountain in a sleepy Phoenix neighbourhood. The giant cacti outside the chainlink fence could pass for onlookers against the glare of the sun.

The athletes arrive in waves — smaller groups make for more effective coaching. They paint a global mosaic in their various national team gear, from Great Britain, India, Japan, Australia, Saint Lucia, Samoa and Canada.

Damian Warner, Canada's world silver medallist in the decathlon, travelled to Phoenix several times this season to work with Altis.

"The main thing I like about this program is just the atmosphere, and the coaches," Warner said during a break between sessions.

"The atmosphere is a little different from what I'm used to. I can pole vault and I'm pole vaulting with a guy (Steve Lewis) who is the British record holder. Then I look over and there's the world record holder in the hurdles, Aries Merritt (of the U.S.). It's just kind of a cool atmosphere, and everybody here is focusing on their own goals, and focusing on Rio, and you can tell, and you can feed off that energy." THE CANADIAN PRESS

Andre De Grasse races to victory in the men's 100 metres during a Diamond League event in Oslo, Norway, on June 9. VIDAR RUUD/AFP/GETTY IMAGES

De Grasse could be pushed by **Aaron Brown**, who recently became just the second Canadian in nearly two decades to run a sub-10-second 100 metres. GETTY IMAGES FILE

SOCCER

End product is only concern for Portugal

EURO 2016 SEMIFINAL SETUP

Don't let Cristiano Ronaldo's devilish grin and chiselled torso fool you. Portugal is the undisputed ugly duckling of the four teams left standing at the European Championship.

While semifinal rival Wales, along with Germany and France, have all impressed with big wins to deservedly reach this stage, Portugal has only joined them after barely squeaking through each round.

Fernando Santos GETTY IMAGES

And unless Ronaldo can rediscover his scoring touch, Portugal will struggle to find a way past an attack fuelled by Gareth Bale when it plays Wales at the Stade de Lyon on Wednesday.

Portugal coach Fernando Santos, however, doesn't care about style or statistics.

"I would be bothered if I was at home and they were saying Portugal had played well but was no longer at the Euro," Santos said. "We have a goal and we are doing all we can to achieve it. We are not here to play pretty or ugly.

"We are going to take on an excellent opponent, which has more victories and scored more goals than we have, but we believe we are going to win."

How Santos' side has managed to reach its fourth semifinal appearance in the last five continental competitions is something of a mystery.

Portugal has yet to beat an opponent in 90 minutes of regulation play after five matches at Euro 2016.

Portugal limped into the round of 16 after three draws, finishing third in Group F behind Hungary and Iceland. It then needed an extra-time goal from Ricardo Quaresma to see off Croatia 1-0 in one of the poorest matches of the tournament. Next came a quarter-final against Poland that Portugal claimed in a penalty shootout following its finish at 1-1 after 120 minutes.

All told, Portugal has been in the lead for a total of 22 minutes over the course of more than eight hours of football in France.

Yet, here they are, one win away from the final in Paris on Sunday.

Understandably enough, Portugal's players are focusing on the product, not the process.

"Criticism gives us more motivation," said midfielder Danilo, who is likely to start against Wales for the suspended William Carvalho.

"It's not easy, we see it in the news but it motivates us. It makes us determined to prove them wrong." THE ASSOCIATED PRESS

INJURY NOTE

Pepe yet to get the OK
Coach Fernando Santos says his team will make a match-day decision as to whether central defender Pepe is fit to play against Wales.

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RECIPE Grilled Pork Chops with Goat Chees and Apples

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Do your prep in the morning so your chops can spend the day in the fridge marinating. Come dinner time you'll just spend another 10 minutes grilling and this glorious meal will be all yours.

Ready in
Prep time: 2 hours
Cook time: 15 minutes

Ingredients
- 2 cups water
- 1/4 cup Dijon mustard, divided
- 4 thin-cut boneless pork loin chops
- 2 teaspoons extra-virigin olive oil
- 2 granny smith apples, cored and quartered
- 2 tablespoons goat cheese
- salt and freshly ground pepper

Directions

1. In a large, plastic storage bag, combine water, 3 tablespoons mustard, 1 tablespoon salt and pork chops. Shake well and refrigerate for 2 to 4 hours; drain well and discard brine.

2. Preheat grill to medium high heat. Combine remaining 1 tablespoon of mustard and oil in a small bowl and brush over apple quarters and pork chops.

3. Place on grill, flipping halfway through, until pork is gold brown and cooked through, and apples are charred but still juicy. Apples will lonly need 4 to 5 minutes. Transfer them to plates and then add pork when it is finished. Garnish with goat cheese and serve.

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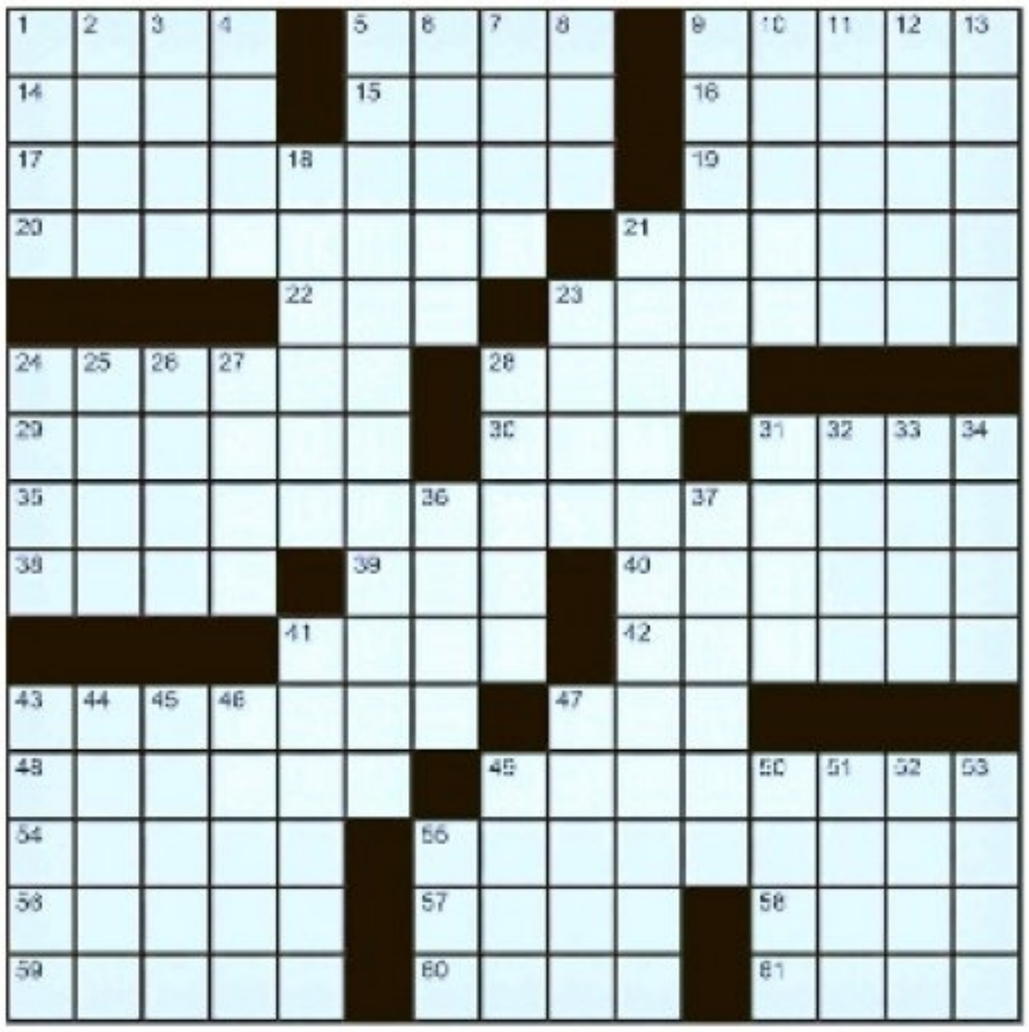
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Leaf to Maple branch link
5. Grub
9. Car's stopper
14. Like a hooting bird
15. Five-star
16. Cite
17. What the homeowner is asking for, such as in a real estate ad: 2 wds.
19. Chipmunk's chew
20. Cariole = _-_ carriage
21. Harbour structures
22. Bon _ (Witticism)
23. Shakespeare's fantastical play, The _
24. Particular prickly plant
28. British supermodel Kate
29. Animal Farm author George
30. Deep-into-sleep
31. Swell
35. Canada's 8th Prime Minister: 3 wds.
38. Wild blue yonder's
39. "Cold Mountain" (2003) role
40. Bitterly complained
41. Similar
42. Says "Do this, this and that."
43. Fruity frozen dessert
47. "I Am _" (2001)
48. Ritzy roe on hors d'oeuvres trays
49. Charmed
54. Insurance company gig
55. Whole grain recipe component: 2 wds.
56. Rene Descartes: "Je _, donc je suis." (I think, therefore I am)
57. Hawkeye State
58. Comic actress Madeline
59. Insert
60. "_ 101" (TV show Britney Spears' sister Jamie Lynn starred on)
61. _ Machines (Casino games)

DOWN
1. _ career (Ex-band member's undertaking)
2. _-size bed
3. Other
4. Legendary tale
5. 'Canada's First Lady of Country Music': 2 wds.
6. Operate a crane in a way
7. As soon as...
8. Teensy
9. 19th-century German composer Johannes
10. Post-game analysis
11. "Fortune is painted blind, with a muffler _ her eyes..." - Shakespeare
12. Woodworking cuts
13. Surrealist artist Max
18. Grapefruit-like fruit
21. Hip-and-happening Winnipeg neighbourhood centred around Sherbrook Street: 2 wds.
23. Talk up/boast
24. Flip
25. Mr. Estrada
26. Haywire
27. Sunday church deliveries, for short
28. Erin of "Happy Days"
31. Canadian star of classic TV series "Dark Shadows", Jonathan _
32. Loafing
33. _-do-well
34. Finishes
36. Change in the newsroom
37. Viking ship crew
41. Decreaser
43. Scenic suffix to 'Sea'
44. Tom _ (Robert Duvall's character in 'Godfather' movies)
45. Function to attend
46. Get the shampoo out
47. Lucy _ (Main character in Charlotte Bronte's 1853 novel Villette)
49. 'Switch' suffix
50. Bible-style vessels
51. Oman money
52. Hello Heellloo! Heellllooooo!
53. Autoshop repair
55. Industry, colloquially

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You will enjoy redecorating where you live or buying beautiful things for your house or family. This is a great day to entertain at home. Invite the gang over!

Taurus April 21 - May 21
Your social skills are tops today. Enjoy schmoozing with partners, close friends, siblings and neighbors. This is a strong day for writers and actors, teachers and salespeople.

Gemini May 22 - June 21
Trust your moneymaking ideas. This is a good day for business and commerce. Financial deals will be positive. Shopping for beautiful things will please you.

Cancer June 22 - July 23
You feel friendly and sociable today. (Many of you also are passionate and sexy!) Enjoy schmoozing with others, because you will assert yourself with style and diplomacy.

Leo July 24 - Aug. 23
Today the Moon is in your sign, which is empowering. Some of you will enjoy secret flirtations or clandestine love affairs. However, you will be more emotional than usual.

Virgo Aug. 24 - Sept. 23
This is a great day to relate to friends or members of groups. In fact, a friend might become a lover. It's a good day for meetings, classes and large conferences.

Libra Sept. 24 - Oct. 23
Relations with bosses, parents, teachers and VIPs are excellent today. Expect someone to ask for your creative advice or input about design, layout and the appearance of something.

Scorpio Oct. 24 - Nov. 22
Travel for pleasure appeals today. However, some of you will be attracted to someone who is different or from another culture. Go after opportunities in publishing, medicine, the law and higher education.

Sagittarius Nov. 23 - Dec. 21
Gifts, goodies and favors from others will come your way today. This is a good day to ask for a loan or mortgage.

Capricorn Dec. 22 - Jan. 20
Relations with partners and close friends will be warm and lively today. Even your dealings with the general public are excellent.

Aquarius Jan. 21 - Feb. 19
Co-workers are supportive today, which is why this is a good day to move forward at your job. If you suggest something, others will follow or agree with you.

Pisces
Feb. 20 - March 20
This is a romantic, flirtatious day! New love will blossom for some of you. Many of you will enjoy subtle flirtations and form contacts with others. It's a great day to socialize!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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			7	4				

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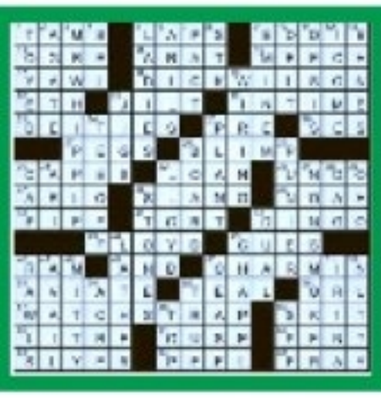

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8	1	2	7	3	5	9	4	6
3	7	6	2	9	4	8	5	1
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